



MARCH IS  
**WORKPLACE  
EYE WELLNESS**  
MONTH



Presented By  
*ecv*  
purpose

A pair of safety goggles with yellow straps and clear lenses is resting on a grey metal workbench. The background is a blurred workshop with various tools and equipment. The text is overlaid on a semi-transparent green rectangular area.

According to the CDC, about 2,000 Americans sustain a job-related injury every day. Nearly one million Americans have lost some degree of sight due to an eye injury.

Common causes of workplace eye injuries are flying debris like metal pieces or glass, tools, chemicals, harmful radiation, and eye strain due to digital devices.

Almost all workplace eye injuries are preventable with the use of proper safety eyewear.

During the month of March, we will be sharing information and tips on how to keep your eyes safe and healthy on the job.



# Tips to Promote Eye Safety

#WorkplaceEyeWellnessMonth



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Whether you are a mechanic or computer engineer, eye injuries are part of the job. Most work-related eye injuries can be avoided or reduced in severity by taking proper precautions.

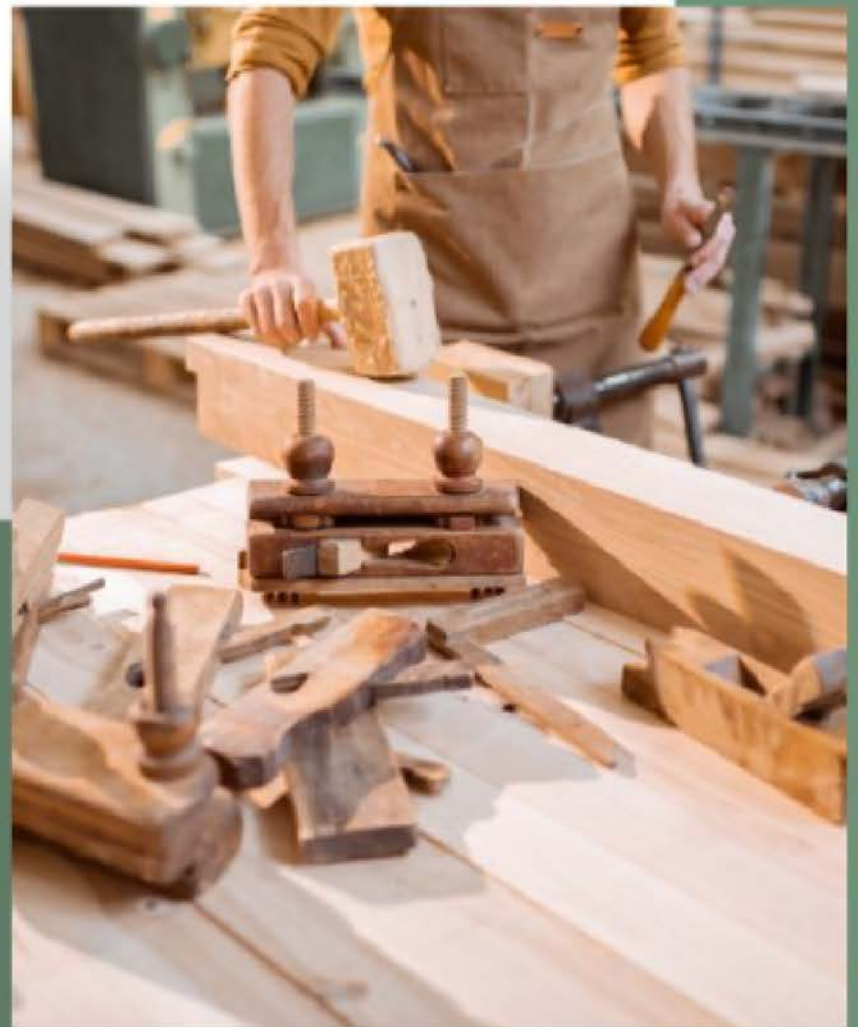
During the month of March, we are raising awareness and sharing information on the importance of proper eye care and protection while on the job.

Here are some tips to promote eye safety:

- ⇒ Identify work areas and operations that may present eye hazards
- ⇒ Locate and know how to use first-aid kits or eyewash stations
- ⇒ Use protective eyewear designed for the specific duty or hazard and ensure it fits and is comfortable
- ⇒ Have an annual eye exam to ensure your vision is adequate to perform your job safely

# #WorkplaceEyeWellnessMonth

Tips for Working at Home



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## Tips for Working at Home

For some people, the workplace is at home. There are many common objects in the home that can cause eye injuries but there are steps you can take to ensure your household's safety and well-being.

Here are some things to look out for:

- Place tools and sharp objects out of reach of children

- Maintain a tidy and clean workspace to prevent possible spills or injuries

- Wear eye protection when using ammonia-based cleaning supplies

- Keep detergents, cleaning supplies, nail polish remover, mouthwash, and makeup in locked cabinets or out of reach of children

- Keep walkways clear of toys or objects

(Source: Prevent Blindness)

It's a good idea to work together with your household to come up with a list of eye safety rules.

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## Tips for Working on the Road




Driving conditions aren't always easy on the eyes. When the sun is at its brightest, when there is snow on the road, or when you are driving toward a low-lying sun, it can be difficult to maintain the field of sight needed to drive safely. Darkness can also obstruct vision and increase glare.

To reduce vision-related driving challenges, try the following:

- Use the vehicle's visor to shade your eyes against the bright rays of the sun

- Wear sunglasses with UV protection to reduce the glare

- People with prescription glasses should consider investing in prescription  sunglasses

- Consider adding anti-glare coating to your prescription glasses as it is helpful during nighttime driving

(Source: [burtbrothers.com](http://burtbrothers.com))

#WorkplaceEyeWellnessMonth

# CAN CONTACT LENSES BE WORN SAFELY FOR INDUSTRIAL JOBS?



[WWW.ECNPURPOSE.ORG](http://WWW.ECNPURPOSE.ORG)



#WorkplaceEyeWellnessMonth

## CAN CONTACT LENSES BE WORN SAFELY FOR INDUSTRIAL JOBS?

Contact lenses may be worn safely under a variety of environmental situations. The American Optometric Association believes that workers should be permitted to wear contact lenses in most eye hazardous environments. In some cases, such as when hazardous chemical fumes are present, a determination of contact lens wear may need to be made on a case by case basis.

Keep in mind that contact lenses are not eye protective devices, and wearing them does not reduce the requirement for eye and face protection. Eye protection must be worn over contact lenses exactly as would be required of all workers performing the same job.

Check with your employer on the safety policy regarding the wearing of contact lenses.

(Source: [minnesota.aoa.org](http://minnesota.aoa.org))

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