

PROTECT YOUR EYES!

90% of eye injuries are preventable with proper eye protection.

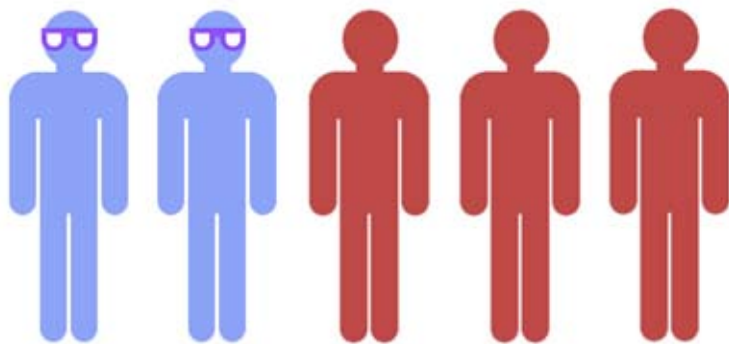
1. Wear eye protection.

70% Injuries are caused by flying objects, falling objects, or sparks

20% Injuries are caused by contact with chemicals

10% Injuries are caused by swinging objects, like tree limbs, ropes, or by tools pulled into the eye while the worker was using them

2. Use the right eye protection.



Match your eyewear to the job!

Three out of five workers who receive sustainable eye injuries were not wearing eye protection or were wearing the wrong eye protection.

3. Know what to do if your eye is injured.



First Aid for Your Eyes

- | | |
|-----------------------------|---|
| Chemicals in the eye: | Wash your eye for 15 or 20 minutes. |
| Struck in the eye: | Apply a cold pack. Do not press on your eye. |
| Puncture or cut to the eye: | Do not wash out your eye.
Do not press on your eye.
Do not pull anything out that is stuck in your eye. |

See a doctor as soon as possible!

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Puncture of the eye

This man was injured when a nail from a nail gun ricocheted and struck him in the eye. Wear polycarbonate safety glasses and always use a nail gun correctly to prevent this injury.

Photograph courtesy of Paul D. Langer, MD, FACS, Newark, New Jersey



Blunt trauma to the eye

An object struck this person's eye and caused detachment of the iris causing a serious loss of vision.



Burn of the eye

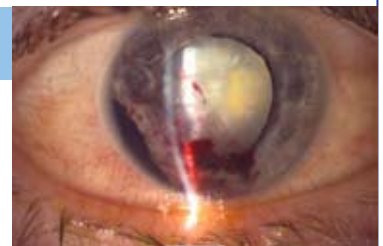
This person's eye was burned by the sun's reflected light. Other sources of intense light can cause surface or internal burns to the eye.



Laceration (cut) of the eye

This person's eye was cut when he pulled on a cord which was stuck. When the cord suddenly let go, a piece of metal on the end of the cord struck him in the eye.

Photograph courtesy of Dr. Colin Vize, Consulting Ophthalmologist.



Trauma due to hot debris

This person's eye was damaged by fireworks, but there are many sources of sparks and hot debris in the workplace that would cause similar damage.



prepared 2008 by
Dr. Carol J. Lehtola, Associate Professor
Agricultural and Biological Eng. Dept
University of Florida