

Did you know . . .

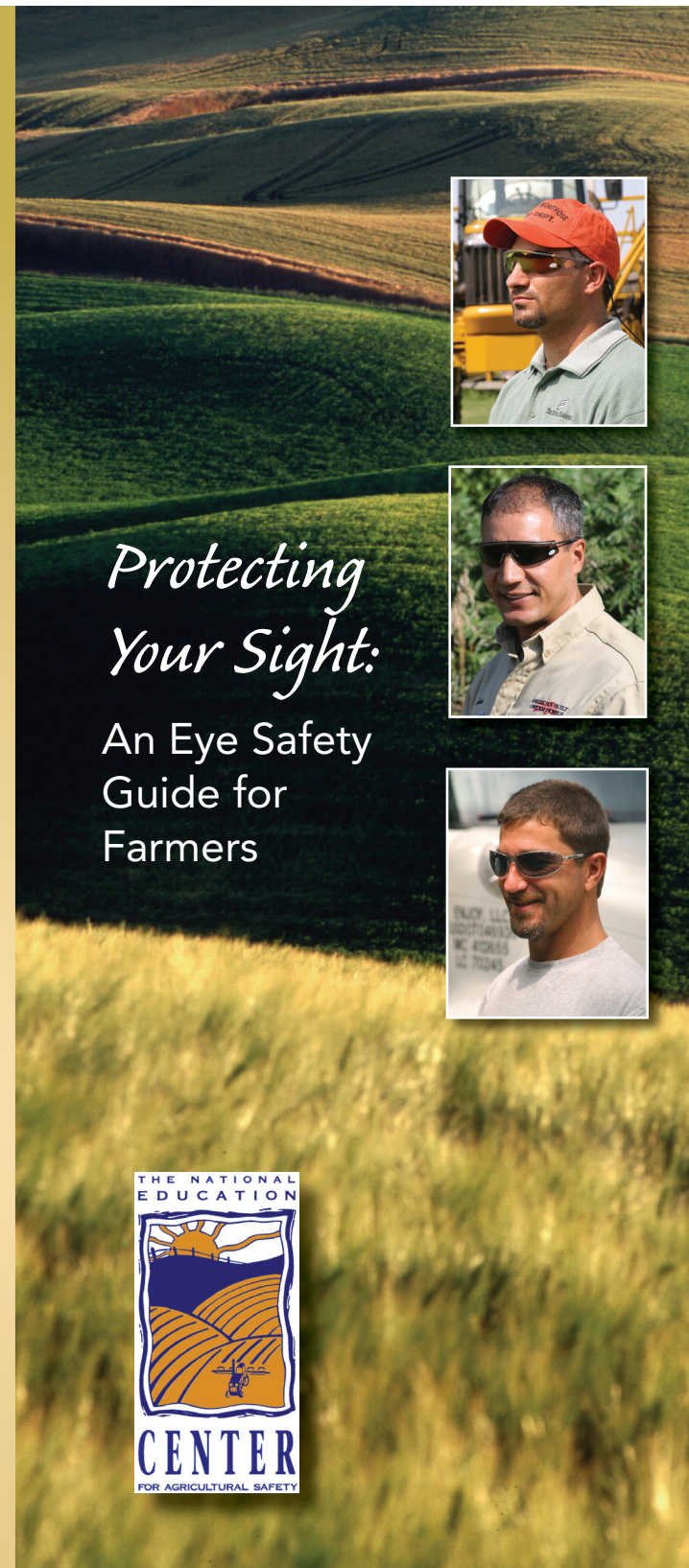
- Eye injuries are the leading cause of blindness among farmers.
- Farmers' eyes are the second most frequently injured body part.
- Over time, UV ray exposure can lead to cataract development and eyelid skin cancers.
- Eye injuries are more likely to occur when repairing farm machinery than when operating it.
- The most common causes of eye injuries are:
 - Flying objects
 - Chemicals
 - Dust particles
 - Sun exposure
- Protective eyewear can prevent eye injuries in over 90% of cases.



Funding for the development of this safety guide was provided by the Healthy Vision Community Awards Program, a project of the National Eye Institute.

NECAS
10250 Sundown Rd.
Peosta, IA 52068
Phone: 888-844-6322
Fax: 563-557-0353
www.nsc.org/necas

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Protecting Your Sight:

An Eye Safety Guide for Farmers



Know Your Eye Safety Information



Safety Glasses

Safety glasses should be impact resistant with wrap-around lenses for the most complete protection. For outside work, look for safety glasses that block 99% – 100% of UV rays. Safety glasses are available for use over prescription lenses.



Goggles

Goggles offer good protection against front and side impact. Unvented or indirect vented chemical splash goggles provide protection from chemical vapors and liquids.

Activity	Protective Eyewear
<ul style="list-style-type: none"> ■ Chipping ■ Grinding ■ Masonry work ■ Machining ■ Riveting ■ Sanding 	<ul style="list-style-type: none"> ■ Safety Glasses or ■ Goggles or ■ Full Face Shield over glasses or goggles
<ul style="list-style-type: none"> ■ Pressurized spraying ■ High speed pressure cleaning 	<ul style="list-style-type: none"> ■ Safety Glasses with side shields
<ul style="list-style-type: none"> ■ Pouring or mixing chemicals ■ Painting ■ Cleaning ■ Siphoning ■ Dip tank operations ■ Battery charging 	<ul style="list-style-type: none"> ■ Chemical Goggles or ■ Safety Glasses with side shields covered by a Full Face Shield
<ul style="list-style-type: none"> ■ Welding ■ Cutting ■ Exposure to intense light 	<ul style="list-style-type: none"> ■ Safety Glasses worn under appropriate Welding Helmet

Sources: University of Kentucky <http://ehs.uky.edu/ohs/eye-face.html>;
University of Tennessee <http://bioenr.ag.utk.edu/Extension/ExtProg/Safety/PPE/eyesafety.pdf>

- Purchase only protective eyewear that meets American National Standards Institute performance standards – ANSI Z87.1 should be printed on the glasses or box.
- To purchase protective eyewear, visit a safety equipment retailer or talk to an AgriSafe nurse in your area. Go to www.agrisafe.org to locate a clinic near you.



Full Face Shield (FFS)

FFS offer good protection against splashing or dust, but have a varying degree of impact resistance. You must wear safety glasses or goggles underneath a face shield for complete protection.



Welding Helmet

Special protection is needed during welding to prevent injury from flying sparks and exposure to light. Darkening capacity, splatter, spark, and particulate resistance will vary with helmet models.