



Eye Injury Prevention



July has been officially recognized as Eye Injury Prevention Month.

You can reduce the risks of eye injuries for yourself and other family members by using this simple checklist :

Indoor Safety

- Provide lights and handrails to improve safety on stairs.
- Pad or cushion sharp corners and edges of furnishing and home fixtures.
- Install cabinet and drawer locks in kitchens and bathrooms.
- Store personal-use items (cosmetics, toiletry products), kitchen utensils, and desk supplies where they are out of reach for children.

Outdoor Safety

- Inspect and remove debris from lawns before mowing.
- Keep paints, pesticides, fertilizers, and similar products properly stored in a secure area.
- Keep your tools in good condition; damaged tools should be repaired or replaced.
- Wear safety glasses or dust goggles to protect against flying particles, and chemical goggles to guard against exposure to fertilizers and pesticides.

Chemical Safety

- Wear chemical safety goggles when using hazardous solvents and detergents.
- Read and follow all manufacturer instructions and warning labels.
- Do not mix cleaning agents.
- Know that regular eyeglasses don't always provide enough protection.

Kids' Safety

- Avoid toys with sharp or rigid points, shafts, spikes, rods, and dangerous edges.
- Keep toys intended for older children away from younger children.
- Avoid flying toys and projectile-firing toys; these pose a danger to all children, particularly those under five years old.
- Be aware of items in playgrounds and play areas that pose potential eye hazards.
- Keep BB guns away from kids.

- Use occupant restraints such as infant and child safety seats, booster seats, safety belts, and shoulder harnesses in cars.

What type of safety eye protection should I wear?

The type of safety eye protection you should wear depends on the hazards in your workplace. If you are working in an area that has particles, flying objects, or dust, you must at least wear safety glasses with side protection (side shields). If you are working with chemicals, you should wear goggles. If you are working near hazardous radiation (welding, lasers, or fiber optics) you must use special-purpose safety glasses, goggles, face shields, or helmets designed for that task.

What is the difference between glass, plastic, and polycarbonate safety lenses?

All three types of safety lenses meet or exceed the requirements for protecting your eyes.

Glass lenses

- Are not easily scratched
- Can be used around harsh chemicals
- Can be made in your corrective prescription
- Are sometimes heavy and uncomfortable

Plastic lenses

- Are lighter weight
- Protect against welding splatter
- Are not likely to fog
- Are not as scratch-resistant as glass

Polycarbonate lenses

- Are lightweight
- Protect against welding splatter
- Are not likely to fog
- Are stronger than glass and plastic
- Are more impact resistant than glass or plastic
- Are not as scratch resistant as glass



Source: www.PreventBlindness.org

Courtesy of Wellness Proposals