

# It's All About the Eyes.



## Does Safety Eye Protection Really Work?

Yes, eye protection does work. The Wise Owl Program, sponsored by Prevent Blindness America, has recognized more than 86,000 people who avoided losing their sight in a workplace accident because they were wearing proper eye protection.

For more on The Wise Owl Program visit [www.preventblindness.org/safety/wise\\_owl.html](http://www.preventblindness.org/safety/wise_owl.html)

## Why is Eye Safety at Work Important?

Eye injuries in the workplace are very common. More than 2,000 people injure their eyes at work each day. About 1 in 10 injuries require one or more missed workdays to recover from. Of the total amount of work-related injuries, 10-20 % will cause temporary or permanent vision loss. Experts believe that the right eye protection could have lessened the severity or even prevented 90% of eye injuries in accidents.

## What are the Common Causes of Eye Injuries?

- Flying objects (bits of metal, glass)
- Tools
- Particles
- Chemicals
- Harmful radiation
- Any combination of these or other hazards



## What is the Best Defense Against an Eye Injury?

- Know the eye safety dangers at work.
- Eliminate hazards before starting work. Use machine guarding, work screens, or other engineering controls.
- Use proper eye protection.

## When Should Eyes be Protected at Work?

You should wear safety eyewear whenever there is a chance of eye injury. Anyone working in or passing through areas that pose eye hazards should wear protective eyewear.



## What Type of Safety Eye Protection Should be Worn?

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.

# Computers & Vision

## Can Looking at Computer Screens Damage My Eyes?

No. While complaints of eye fatigue and discomfort are common among computer users, these symptoms are not caused by the computer screen itself. Computer screens give off little or no harmful radiation (such as x-rays or UV rays). All levels of radiation from computer screens are below levels that can cause eye damage such as cataracts.

## Can Looking at a Computer Screen Cause Eyestrain?

Fatigue, dry eyes, bad lighting, or how you sit in front of the computer can cause eyestrain. Symptoms of eyestrain include sore or irritated eyes and difficulty focusing. You may also have symptoms of eyestrain if you need glasses or a change in your glasses.

## What Can I do to Prevent Eyestrain?

You can help prevent eyestrain by making changes to your computer workspace and by visiting your eye doctor. Here are a few suggestions on how to make your workspace more comfortable:

- Place your screen 20 to 26 inches away from your eyes and a little bit below eye level.
- Use a document holder placed next to your computer screen. It should be close enough so you don't have to swing your head back and forth or constantly change your eye focus.
- Get a chair you can adjust.
- Choose screens that can tilt and swivel. A keyboard that you can adjust is also helpful.

## EYE EMERGENCIES

- Wear eye protection for all hazardous activities and sports- at school, home, and on the job.
- Stock a first aid kit with a rigid eye shield and commercial eyewash before an eye injury happens.
- DO NOT assume that any eye injury is harmless. When in doubt, see a doctor immediately.



For more information please contact Environmental & Occupational Safety at 229-293-6171 Or visit us at Ashley Hall, room 118.

