



7 TIPS FOR WORKPLACE EYE SAFETY

Most workplace injuries are preventable. It's not just workplace accidents that may affect you, but the conditions of your workplace and safety equipment, too. The following are six tips for workplace eye safety to help keep your eyes safe at work (but first and foremost, remember to always wear your PPE).



#1 EDUCATE YOUR TEAM ABOUT WORKPLACE EYE SAFETY.

For workplace eye safety to be effective, everyone needs to know the proper protocol within your specific organization. Educate your team on workplace eye safety before beginning the job so they can effectively protect their eyes.



#2 CHECK THE TINTING OR MAGNIFICATION OF YOUR EYE SAFETY EQUIPMENT.

If you are using eye safety equipment with tinting or magnification, remember that this can affect your vision in certain conditions. For example, certain tints or magnifications may affect your vision when the workplace is brightly lit.

#3 UPDATE YOUR PROTECTIVE EQUIPMENT REGULARLY.

Be sure to check workplace eye protection on a regular basis to ensure that it has not become damaged or worn out in any way. If workplace eye safety equipment has been exposed to workplace chemicals, be sure to clean it carefully and replace workplace eye protection if necessary.

#4 USE THE RIGHT EQUIPMENT FOR THE SPECIFIC TASK YOU'RE COMPLETING.

You should always use the workplace eye protection that is designed for your specific job role. For example, if you work with power tools or machinery on a regular basis, it is important to make sure you are wearing the correct workplace eye protection (such as an OSHA-compliant or ANSI-compliant face shield).

#5 USE WORKPLACE EYE SAFETY EQUIPMENT WITH SIDE SHIELDS.

Workers must wear safety glasses with side shields in outdoor and indoor work environments where construction work is being performed. For example, Stronghold PPE policy requires the use of ANSI Z87.1 safety glasses with side shields. Wearing safety glasses without side shields can or will cause eye injury from flying construction debris or projectiles.



#6 BE ESPECIALLY CAUTIOUS WHEN WORKING WITH CHEMICALS.

Harmful chemicals can affect your eyes and cause major damage. Using safety equipment that isn't specifically designed for chemical exposure can be just as damaging as not using any safety equipment, so be sure to use chemical-resistant eye-wear and follow workplace safety protocol.



#7 KNOW THE MEDICAL SYMPTOMS OF A WORKPLACE EYE INJURY.

Medical symptoms of workplace eye injuries can include blurred vision, eye pain, eye redness, and more. If you notice symptoms, speak to your doctor immediately. Keep in mind, some eye injuries may not exhibit symptoms until they are quite advanced, so it's important to check up on your eye health regularly.

