

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

Date: February 2022

Eye Protection... You only get one set, better protect them!

How many work-related eye injuries are there each day?

An estimated 2000 eye injuries occur every day at work in the US and construction workers have one of the highest eye injury rates amongst all industries. Particles of dust, metal, wood, slag, drywall, cement etc. are the most common source of eye injuries in construction. At Apollo eye injuries are the 2nd most reported workplace injury only to be beaten out by hand injuries. Think of all the near miss eye injuries that don't get reported because employees are successful at flushing their eyes and need no further assistance. Heinrich's theory (accident triangle) would determine its only a matter of time before someone for Apollo suffers a severe eye injury if we do not get better at identifying or planning to mitigate tasks that create risks for our eyes.

What is safety eye and face protection?

Eye and face protection includes non-prescription and prescription safety glasses, clear or tinted goggles, face shields, welding helmets, and some full-face type respirators that meet the ANSI Z87.1 Eye and Face Protection Standard. Using high impact tools, such as an angle grinder, require a face shield to be used over safety glasses. Your task and environment may also determine if you use foam backed safety glasses. Examples of this are tasks that include grinding or using power tools overhead or working out in the elements with wind speeds that are greater than 20 miles per hour.

What should you do?

If you begin to feel a sensation in your eye like you may have something in it, the best thing to do is to stop what you are doing and find an eye wash station or proceed to the bathroom and begin to flush your eye. Optometrists recommend that you flush your eye for at least 10-15 minutes. Do not rub it!!! If you have reason to believe it that the debris in your eye were anything other than dust you should follow up with your local eye doctor just in case. It is not recommended to seek treatment for minor eye injuries (such as something in it) after hours in the ER. Not all emergency rooms have the equipment required or the eye doctors needed to give treatment. Instead, call your local eye clinic and see if they have a doctor on call, many clinics do.

HEALTHY OR SAFETY REMINDER: Safety glasses on average are less than \$5 and take less than 5 minutes to get. Where a guide dog for the vision impaired takes about two years to train and cost \$45-60,000...

Discussion Points/Quiz Questions:

1. Who in your group has had an eye injury?
2. If so, what could have been done to avoid the eye injury?