

MCLB ALBANY SAFETYGRAM

Eye Safety for Workers Personal Protective Equipment (PPE)

Taking Care of Your Eyes – What to Know

To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases.

- Employers can ensure engineering controls are used in the workplace to reduce eye injuries and to protect against ocular infection exposures.
- Employers can also conduct a hazard assessment to determine the appropriate type of protective eyewear for a given task.
- Employers should consider selecting or purchasing protective eyewear that meets current safety standards.



Preventing eye injuries and infections

- Fit or adjust your eye protection to make sure you have proper coverage, comfort, and adequate peripheral vision.
- Wear personal protective eyewear, such as goggles, face shields, spectacles, or full facepiece respirators.
- Eye protection for the work situation depends upon the nature and extent of the hazard, the circumstances of exposure, other protective equipment used, and personal vision needs.

Ways to protect your vision

- Get regular comprehensive dilated eye exams.
- Know your family's eye health history. Some eye diseases or conditions are hereditary.
- Wear protective eyewear when playing sports or doing activities around the house, such as painting, yard work, and home repairs.
- Eat right, to protect your sight. Eat plenty of dark leafy greens such as spinach, kale, or collards greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, halibut.
- Wear sunglasses that block at least 99% of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
- Wash your hands before taking out your contacts and clean your lenses properly to avoid infection.

For more information on this topic click: <https://www.cdc.gov/vision-health/prevention/taking-care-of-your-eyes.html>



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