



# USAG – FS/HAAF Safety Gram

Sustaining, Supporting, and Defending Safety Excellence



SG #15-01

## Eye Injury Prevention Month

01 Oct 14

### Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sport glasses.

### Watch Out for Eye Dangers

Common causes for eye injuries are:

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

### Protecting Your Eyes

There are three things you can do to help prevent 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.

Wear protective eyewear whenever there is a chance of eye injury. Anyone working in or passing through areas that pose eye hazards should wear protective eyewear. This is particularly true of workers involved in welding, which poses a high risk of on-the-job eye injury.



**Are you in danger of becoming a statistic?** Thousands of people are blinded each year from work-related eye injuries that could have been prevented with the proper selection and use of eye and face protection. Eye injuries alone cost more than \$300 million per year in lost production time, medical expenses, and worker compensation.