

MARCH: WORKPLACE EYE WELLNESS MONTH

According to Prevent Blindness America nearly one million Americans have lost some degree of their sight due to an eye injury. More than 700,000 Americans injure their eyes at work each year. Of those, about 100,000 will be disabling, resulting in temporary or permanent vision loss. Luckily, 90% of all workplace eye injuries can be avoided by using proper safety eyewear.

10 ways that you can help prevent an eye injury in your workplace*:

- 1. Assess.** Look carefully at plant operations. Inspect all work areas, access routes, and equipment for hazards to eyes. Study eye accident and injury reports. Identify operations and areas that present eye hazards.
- 2. Test.** Uncorrected vision problems can cause accidents. Provide vision testing during routine employee physical exams.
- 3. Protect.** Select protective eyewear that is designed for the specific duty or hazard. Protective eyewear must meet the current standards from the Occupational Safety and Health Act of 1970 and later revisions.
- 4. Participate.** Create a 100% mandatory program for eye protection in all operation areas of your plant. A broad program prevents more injuries and is easier to enforce than one that limits eye protection to certain departments, areas, or jobs.
- 5. Fit.** Workers need protective eyewear that fits well and is comfortable. Have eyewear fitted by an eye care professional. Provide repairs for eyewear and require each worker to be in charge of his or her own gear.
- 6. Plan for an Emergency.** Set up first-aid procedures for eye injuries. Have eyewash stations that are easy to get to, especially where chemicals are used. Train workers in basic first-aid and identify those with more advanced training.
- 7. Educate.** Conduct ongoing educational programs to create, keep up, and highlight the need for protective eyewear. Add eye safety to your regular employee training programs and to new employee orientation.
- 8. Support.** Management support is key to having a successful eye safety program. Management can show their support for the program by wearing protective eyewear whenever and wherever needed.
- 9. Review.** Regularly review and update your accident prevention policies. Your goal should be NO eye injuries or accidents!
- 10. Put it in Writing.** Once your safety program is created, put it in writing. Display a copy of the policy in work and employee gathering areas. Include a review of the policy in new employee orientation.

* Information provided by Prevent Blindness America, a volunteer eye health and safety organization dedicated to fighting blindness and saving sight.

Please call 703-827-5454 or 877-234-2020 to make an appointment with one of our doctors.

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Affiliated Practices
Richmond, VA Washington, DC Baltimore, MD

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TOP 15 CATEGORIES CONTRIBUTING TO THE MOST EYE INJURIES

1. Welding Equipment
2. Tools (not specified)
3. Adhesives
4. Power Tools (combined, including portable)
5. Bleaches (non-cosmetic)
6. House Structures, Repair or Construction
7. Manual tools (hammers, screwdrivers, sanders)
8. Lawn Mowers
9. Paint, Varnishes, Shellacs and Removers
10. Chemicals (misc, and otherwise not specified)
11. Lawn Trimmers or Edgers
12. Saws, not specified
13. Flooring, Wood Paneling and Particleboard
14. Nails, Screws, Tacks or Bolts
15. Gasoline or Gasoline Cans

Interesting facts:

According to the U.S. Consumer Product Safety Commission, there are more than 15,000 welding equipment-related eye injuries a year. Power tools come in second, contributing to nearly 10,000 eye injuries a year. Wear the correct safety eyewear so YOU don't become a statistic.

See Clearly Vision and Cornea Consultants include multiple medical practices that have served patients in the mid-Atlantic region for over ten years. We offer patients the following services:

- Advanced Cataract Surgery, including specialty lens implants
- All Laser LASIK/Custom LASIK, LASEK, PRK and CK
- Annual Eye Exams
- Botox, Juvéderm, Latisse, and NEOCUTIS (available only through a physician)
- Contact Lenses - cosmetic and therapeutic fitting, including keratoconus
- Corneal Transplants
- Diabetes and Glaucoma Management
- Dry Eye Treatment
- Emergency On-Call Care

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