

## February is Save Your Vision Month

Each day more than 2,000 U.S. workers receive some form of medical treatment because of eye injuries sustained at work. More than 800,000 work related injuries occur annually.

While the most severe cases result in blindness, studies have shown that minor eye injuries can develop into long-term vision problems. Sometimes those problems do not develop until years after the initial injury. Protect your eyes at all times by doing the following:

- Be alert to eye hazards in the operation.
- Follow safety rules and eye protection procedures.
- Always wear approved safety glasses. Sunglasses do not offer enough protection.
- When you are not wearing your safety glasses, keep them in a safe place to prevent the lenses from getting scratched.
- Know where the emergency eyewash station is located.
- Get prompt medical attention for any eye injury.

## Keep Your Eyes Healthy

Make sure you have your eyes examined annually. Like a good preventative maintenance program, eye exams can catch small problems before they become big ones. Inspect your safety glasses on a regular basis. Scratched safety glasses not only impede your vision, they greatly increase eye fatigue.

## Eye Injuries Don't Just Happen at Work

While working around the house and doing other projects away from work, your eyes can be exposed to serious hazards. Using garden tools like a weed trimmer or working under a car can be more hazardous to your eyes than what you do at work. Make sure you wear proper protection from flying projectiles, dust, and chemicals.

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