+Safety Corner

How to prevent eye injuries at workplace?

Workplace eye injuries range from simple eye strain to permanent vision loss and blindness. The most common causes are flying objects including sparks, chemicals and blunt trauma. Most eye injuries occur when workers are not wearing safety glasses when they should, or wearing the wrong kind of eye protection for the job.

Eye injuries, in most cases, are preventable. Below is a quick checklist to help avoid workplace eye injuries:

1. Inspect work areas, access routes, and equipment for hazards to eyes, and identify operations and areas that present eye hazards.  Eliminate or minimize these hazards before starting work. This can achieved through the use of machine guarding, work screens or other engineering controls.
2. Mandate the use of proper safety eyewear by workers whenever there is a chance of eye injury. The safety eyewear shall be designed for the specific duty or hazard and must meet government standards.   Make sure the safety eyewear is in good condition, fits right, stays in place, and is clean regularly.
3. Use smart workplace safety practices, don't rub eyes with dirty hands or clothing.
4. Establish plan for an eye emergency, set up first-aid procedures for eye injuries and install eyewash stations that are easy to get to, especially where chemicals are used. Train workers in basic first-aid.
5. Conduct training and educational programmes to promote, keep up, and highlight the need for protective eyewear.
6. Review and update accident prevention policies regularly.

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The Safety Corner is contributed by Ir Dr. Vincent Ho, who can be contacted at vsho@UCLA.edu