

PLAYING IT **SAFE**

Be safe and healthy on the job with these helpful tips provided by Peabody Insurance Agency.

Protect Yourself From Eye Injuries

Safety tips for the workplace

There are countless eye hazards in the workplace, from flying particles to chemicals to swinging objects. However, most eye injuries are preventable if you follow simple safety precautions, and always wear your safety goggles!

Use Protective Eyewear

It's a proven fact that the best thing you can do to protect your vision on the job is to wear safety glasses or goggles. Even if you do have your safety glasses on, keep in mind that there are a variety of ways you can get debris in your eyes. Some accidents happen by simply taking off your safety glasses or goggles and wiping your face; particles can easily fall out of eyebrows or hair and into your eyes.

Safety glasses should rest firmly on top of the nose and close to—but not against—the face. If they are uncomfortable, foggy or sight-restrictive, then find a different pair. Don't let excuses get in the way of protecting your eyes. They may not always be convenient to wear, but the right eyewear will ensure your eyes and vision are safe while doing your job.

Find a Good Fit

You can find many ways to make safety glasses or goggles work for you, such as:

- If you find safety glasses uncomfortable, experiment with different sizes or styles.
- Wear glasses or goggles that are properly ventilated for the work you are performing. Unless you are working near splash hazards, use goggles that have plenty of side ventilation.
- If you wear prescription glasses, wear goggles designed to fit over your glasses or safety glasses made with your prescription.
- If your goggles fog up, try a model with more ventilation or coat them with an anti-fog liquid.
- Wear a sweatband or handkerchief around your head to keep sweat off your goggles.
- Always keep your safety glasses clean. Scratched and dirty glasses or goggles can reduce vision, create a glare and may contribute to accidents.

Safety First

It takes only one accident to cause partial or complete blindness. Even tasks that you don't consider dangerous may have a risk for eye injury. Take a moment to think about possible eye hazards in your workplace, and then take the necessary precautions to help prevent potential accidents and injuries.



Don't Become a Statistic!

The Occupational Safety and Health Administration (OSHA) estimates that 90 percent of eye injuries could be prevented by wearing proper protective eyewear. Make sure you are wearing eye protection—and the correct kind for the job you are performing.

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