



Topic: Eye Protection

In spite of safety programs and protective equipment, every day more than 2,000 working people in the U.S. suffer an eye injury

Damage to the eyes is usually caused when something unexpected happens. It could be a sudden splash of caustic chemical or an airborne sliver of metal.

Workplace injuries are the leading cause of vision loss and blindness caused by an accident. Of the 2,000 injuries per day, 10 percent to 20 percent will be disabling because of temporary or permanent vision loss.

Many of those injured say they didn't think they needed to wear eye protection or were wearing inappropriate eyewear. Doctors at the *American Academy of Ophthalmology* say proper eye protection is a matter of vital importance, especially in construction, manufacturing, and automotive repair.



Eye health includes more than accident prevention. As more people use computers, eye fatigue and difficulty focusing have become common problems. In themselves, computer screens don't damage vision.

To reduce eye fatigue, computer users should take frequent breaks and rearrange their workstations for easier access to their computers. Wearing proper glasses or contact lenses can often relieve eye fatigue.

Sometimes heating and air conditioning systems can make eyes feel dry and scratchy. It could make you think something is in your eye. Over-the-counter eye drops usually relieve symptoms. If the problem continues, see your eye care professional for an evaluation.