Could you do your job without your eyes?

Each year thousands of construction workers suffer eye injuries on the job serious enough to miss work.* Some eye injuries are severe enough to cause permanent loss of vision.

See a doctor if your eye is cut or punctured.

If a particle of metal, wood, or another material penetrates, cuts or gets stuck in your eye:

- Do NOT try to wash out the object.
- Do NOT try to remove the object.
- Do NOT rub or apply pressure.
- * See a doctor IMMEDIATELY!

To learn more visit:
OSHA’s Eye & Face Protection Selection eTool
OSHA
NIOSH
https://www.cdc.gov/niosh/topics/eye/default.html

Find out more about construction hazards.
To receive copies of this Hazard Alert and cards on other topics call 301-578-8500 or email cpwr-r2p@cpwr.com

To protect your eyes...

1 Wear your safety goggles or glasses
Up to one in five work-related injuries cause TEMPORARY OR PERMANENT VISION LOSS.*
If your job puts you at risk of an eye injury, OSHA requires your employer to provide proper eye protection.

2 Wear the right eye protection
If your work puts you at risk of flying splinters, chips, or dust, wear safety goggles or safety glasses with side shields. Look for “Z87+” on the frame or lenses as an indicator of impact protection.

Some tasks require additional protection such as:
- Face shields when grinding, chippping, or using corrosive chemicals;
- Welding hoods with a filter lens when welding;
- Vented goggles around caustic dust, such as cement dust; and
- Non-vented goggles around corrosive chemicals.

3 Rinse irritated eyes
Dust can irritate your eye. If your eye feels gritty or itchy, flush it gently with clean water from a bottle, hose or eyewash station for at least 15 to 20 minutes.

If you get hazardous chemicals in your eye, flush it with clean water and see a doctor.

What can damage my eyes on a construction site?

- Metal filings
- Sand
- Sawdust
- Dirt
- Glass shards
- Chemical strippers
- Concrete dust
- Paint
...and much more!

The American Academy of Ophthalmology estimates that 9 out of 10 eye injuries are preventable with the use of proper protective eyewear.**

If you think you are in danger:
Contact your supervisor. Contact your union.
Call OSHA 1-800-321-OSHA

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