



NEWFOUNDLAND  
& LABRADOR

# In the blink of an eye...

Avoiding eye injuries at work, home and play



**It's estimated that more than 720,000 Canadians experience an eye injury requiring medical attention each year. Eye injuries can cause serious vision loss or even blindness and are one of the most frequently treated accidents in hospital and emergency rooms.**

**But most eye injuries can be prevented by wearing the appropriate eye protection and eliminating environmental hazards.**



# Home

Recent studies indicate the number of eye injuries occurring at home and at work are approximately the same, together accounting for more than two-thirds of all eye injuries.

## Daily activities can cause serious harm to your eyes.

- !** *Read and follow instructions when using cleaning fluids, detergents, ammonia or harsh chemicals.*
- !** *Point spray nozzles away from you.*
- !** *Wear special goggles when using powerful chemicals.*
- !** *Use grease shields on frying pans.*
- !** *Turn your face away when uncorking soda or champagne-style bottles.*
- !** *Drilling and hammering screws or nails into walls and hard surfaces like brick or cement.*
- !** *Be careful with bungee cords.*



## **in the garden, hazards include thrown stones and debris**

- !** *Before mowing the lawn, pick up rocks and stones.*
- !** *Do not stand near a running lawnmower.*
- !** *Trim or avoid low-hanging branches.*
- !** *Wear protective eyewear.*

## **Toys and games for children can be dangerous**

- !** **Select toys and games suitable for your child's age.**
- !** **Avoid projectile toys like darts, pellet guns and arrows.**
- !** **Teach children how to safely handle knives, scissors and pencils.**
- !** **Keep harsh chemicals, spray cans and powerful fast-acting glues out of a child's reach.**

## **In the workshop, objects can fly into your eyes unexpectedly**

- !** Use appropriate eye protection against flying fragments, dust, impacts, splashes and radiation.
- !** Read and follow safety instructions before using tools and chemicals.

## **Around the car, sparks and fumes can ignite and explode**

- !** Keep lit cigarettes and matches away when working on your car.
- !** Never lean over a battery when jump-starting, inspecting or testing.
- !** Wear goggles when under your car or working on or near a battery.
- !** Include protective goggles in your car's safety kit.





## Play

### **Recreational activities can lead to eye injuries in all age groups**

- !** When outdoors, wear sunglasses to protect your eyes from UV Rays and glare.
- !** Wear eye protection that meets ASTM F803 impact standards when playing sports such as golf, baseball, football, hockey and racquet sports.
- !** Fireworks are extremely dangerous and should only be handled by certified professionals.

# Work

**in Canada, thousands of workers injure their eyes every year. Few people realize that eye injuries occur just as frequently in an office setting as a factory setting.**

- !** Be aware of workplace hazards.
- !** Make sure you follow the workplace safety procedures for your job.
- !** Wear the appropriate eye protection for the task performed and ensure proper fit.
- !** Properly maintain and store your eye protection.
- !** Always keep a spare pair handy, just in case.
- !** Know the location of eyewash stations and First Aid equipment and how to use them.



# First Aid

If an eye injury does occur, get medical help immediately from a hospital or emergency room, family or eye doctor.

Know what to do...

## A speck in your eye

- ! Do not rub your eye.
- ! Lift your upper lid over the lower one and let your lashes get the speck out.
- ! If you are still uncomfortable, see your doctor.

## A blow to your eye

- ! Apply an ice-cold compress for 15 minutes to reduce the pain and swelling.
- ! Blurred vision, double vision, flashes and/or change in the size or shape of your pupil may be signs of an internal injury requiring medical attention.

**Make sure your protective eye-wear is CSA approved**



## **A cut on your eye or eyelid**

- !** Lightly bandage cuts and seek medical help right away.

## **Fumes or chemicals in your eye**

- !** Flush your eye with clean water immediately and continuously for at least 15 minutes.
- !** Do not bandage.
- !** Seek medical help immediately.



# Notes

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# About CNIB Foundation

Together with our sponsors, CNIB's Foundations goal is to eliminate avoidable sight loss through prevention. To do this, CNIB offers a dedicated Industrial Eye Safety Program, aimed at educating organizations and their workers about eye safety in the workplace—building a culture of safety and reducing the associated costs of workplace eye injury.

For more information call (709) 685-7263

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