

# WORKPLACE EYE WELLNESS MONTH

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# Agenda

- ▶ Purpose
- ▶ Fort Devens Eye Safety Policy
- ▶ Eye Safety Notes
- ▶ Eye Safety Hazards
- ▶ Eye First Aid

# Purpose

- ▶ Each day over 2000 Americans suffer an eye injury
- ▶ Once vision is impaired or lost it says that way
- ▶ We only have 2 eyes
- ▶ The Army recognizes a responsibility to ensure an environment of Eye Wellness

# Fort Devens Commander's Policy

- ▶ DA PAM 40-506 covers Vision Conservation and Readiness
- ▶ What are the roles for employees and leaders
- ▶ Eye Exam requirements/ recommendations

# Eye Safety Notes

- ▶ The right eye protection can lessen 90% of eye injuries
- ▶ Most common eye injuries
  - ▶ Chemicals or foreign objects in the eye
  - ▶ Curs or scrapes of the cornea
- ▶ Other eye injuries
  - ▶ Splashes from grease or oil
  - ▶ Steam burns
  - ▶ Flying objects
  - ▶ Infrared or ultraviolet radiation
  - ▶ Blows to the eye

# Eye Safety Notes con't

- ▶ Contact Lenses
- ▶ Prescription safety glasses

# Eye Safety Hazards

- ▶ Five Hazard Categories:
  - ▶ Projectiles
  - ▶ Chemicals
  - ▶ Radiation
  - ▶ Bloodborne pathogens
  - ▶ Computers
- ▶ Many work areas or jobs have multiple hazards
- ▶ Conduct an Eye Hazard Assessment (Job Safety Analysis - JSA)

# Eye Safety Hazards con't

- ▶ Activities with a high eye risk include:
  - ▶ construction
  - ▶ manufacturing
  - ▶ mining
  - ▶ carpentry
  - ▶ auto repair
  - ▶ electrical work
  - ▶ plumbing
  - ▶ welding
  - ▶ general maintenance
  - ▶ prolonged computer work



# Eye Safety Hazards con't

- ▶ Computer Hazards- COMPUTER VISION SYNDROME (Digital Eye Strain)

- ▶ Symptoms

- ▶ Eyestrain
    - ▶ Headaches
    - ▶ Blurred vision
    - ▶ Neck and shoulder pain/ stiffness

- ▶ Causes

- ▶ Poor lighting
    - ▶ Screen glare
    - ▶ Improper viewing distance
    - ▶ Poor seat position
    - ▶ Uncorrected vision problem

- ▶ Corrections

- ▶ Position yourself and the computer
    - ▶ Anti-glare screens
    - ▶ Rest breaks
    - ▶ Blinking

# Eye Protection

- ▶ Know the hazards
- ▶ Select the right safety eyewear
  - ▶ Safety Glasses
  - ▶ Safety Goggles
  - ▶ Face Shields and Helmets
  - ▶ Special purpose safety glasses
- ▶ Eliminate as many hazards as possible

# Eye Injury First Aid

- ▶ GET HELP
- ▶ It depends on the injury
- ▶ Chemicals and Splashes
  - ▶ Flush the eye, do not bandage, do not try and neutralize
- ▶ Objects in the eye
  - ▶ DO NOT RUB, flush, use artificial tears
- ▶ Cuts or punctures
  - ▶ Do not wash, do not remove any object, cover the eye
- ▶ Blows to the eye
  - ▶ Apply cold pack

# QUESTIONS and COMMENTS

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