

# PLAYING IT SAFE

Be safe and healthy on the job at with these helpful tips provided by Cool Insuring Agency, Inc..

## Eye Injuries Are a Serious Threat

*Protect your eyes on the job*

There are countless eye hazards on a construction site, including particles (wood chips, dust, cement chips, metal shavings, etc.) that have been ejected from a tool or blown by the wind. Chemical splashes and swinging objects can also be eye hazards on a worksite. 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.

- Make sure glasses are fit well while you are also wearing your hard hat and other protective equipment.
- 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, cause 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 present a risk for eye injury. Take a moment to think about possible eye hazards around each job site, and then take the necessary precautions to help prevent potential accidents and injuries.



### Protect Your Vision!

Always wearing safety goggles or glasses may seem like a pain, but the alternative could be much worse. There are so many eye hazards on a construction site that leaving your eyes unprotected even for a short time is extremely risky.

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