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## **Bonus Article — How to protect your eyes from hazards at work and home**

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It's common to encounter eye hazards at work and home. Dust, chemicals, and power tools all have the potential to injure our eyes. Proper eye protection is critical for saving your sight.

### **Protecting your eyes at work**

Each day about 2,000 U.S. workers sustain a job-related eye injury requiring medical treatment. These injuries usually occur because of:

- \* Striking or scraping tasks (causing dust, wood chips, or metal slivers to be airborne),
- \* Penetration to the eye (from objects like staples or nails), or
- \* Chemical and thermal burns (from exposure to hazardous chemicals and welding sparks).

Additionally, the Centers for Disease Control and Prevention (CDC) recommends eye protection for individuals who may be at risk of acquiring infectious diseases via direct exposure to things like:

- \* Blood splashes,
- \* Droplets from sneezing or coughing, and
- \* Touching the eyes with contaminated hands.

To protect your eyes and prevent eye injuries at work, wear personal protective eyewear. This may include goggles, face shields, safety glasses, or full-face respirators.

The type of protection will depend on the work situation and the extent of the hazard.

Eye protection should always be tailored to your individual needs to ensure proper fit and coverage.

### **Eye protection at home**

According to the American Academy of Ophthalmology (AAO), nearly half of all eye injuries occur at home. Home repairs, yard work, cleaning, and cooking account for more than 40 percent of eye injuries.

Eye injuries may be the result of:

- \* Chemicals that accidentally splash into the eyes,
- \* (Dust particles that get into the eyes when dusting overhead areas,
- \* Debris that flies through the air when using equipment such as a lawnmower or weed trimmer,
- \* An object striking the eye, or
- \* Falls that result in trauma to the eyes.

You can protect your eyes from injury at home by:

- \* Wearing goggles or safety glasses when using cleaning supplies or while dusting,
- \* Washing your hands after handling chemicals, and
- \* Wearing protective eyewear while using lawn equipment.

