

HAZARD ALERT

CPWR [●]
THE CENTER FOR CONSTRUCTION
RESEARCH AND TRAINING

EYE INJURIES



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!**

*Source: Bureau of Labor Statistics. TABLE R10. Number of nonfatal occupational injuries and illnesses involving days away from work by occupation and selected parts of body affected by injury or illness, private industry, 2016. Retrieved from <https://www.bls.gov/iif/oshcdnew2016.htm>

To learn more visit:

OSHA's Eye & Face Protection Selection eTool

<https://www.osha.gov/SLTC/etools/eyeandface/ppe/selection.html>

OSHA

<https://www.osha.gov/SLTC/eyefaceprotection/index.html>

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

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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.



Choose safety glasses (top) with side shields.

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, chipping, 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.



PHOTO COURTESY OF PETER BAER

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.**

*Source: Prevent Blindness. Eye Safety at Work. (2018). Retrieved from <https://www.preventblindness.org/eye-safety-work>.

**Source: U.S. Department of Health and Human Services. Eye Injury Prevention. (2018). Retrieved from <https://froh.psc.gov/NYCU/eyeinjury.asp>



PHOTO COURTESY OF THE INT'L UNION OF BRICKLAYERS AND ALLIED CRAFTSMEN

If you think you are in danger:

Contact your supervisor.
Contact your union.

Call OSHA
1-800-321-OSHA