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How to Prevent Workplace Eye Injuries

March is Save Your Vision Month. Eye injuries can happen at work or home in an instant. Often, eye injuries result from an unexpected squirt of a chemical, a cinder in the air, or a sliver that splinters off during a construction project. Here's how to prevent workplace eye injuries.

9 Eye Facts You Need to Know

Consider these eye injury statistics in the United States:

1. Each year, over 2 million people experience eye injuries.
2. More than 40,000 eye injuries result in permanent visual impairment.
3. About 50% of eye injuries occur at work.
4. The other 50% occur during home repair projects, yard work, cleaning or cooking.
5. Each year, over 100,000 eye injuries happen during sports or recreational activities.
6. Every 13 minutes a sports-related eye injury is treated in a hospital emergency department or urgent care center.
7. Paintball, a recreational activity enjoyed by over 10 million people, often leads to eye injuries. Although participants must wear protective eyewear, serious eye injuries still occur. These include a ruptured eyeball, detached retina or an injury that leads to permanent vision loss.
8. Common types of eye injuries are abrasions, lacerations or irritations.
9. Nearly 90% of eye injuries are preventable. Plan ahead and use proper safety eyewear. Always take precautions to avoid possible unsafe situations.

Wear proper safety eyewear (glasses, goggles, face shields, helmets)

Research shows that about 60% of people who injure their eyes at work were not wearing eye protection at the time of the accident (Bureau of Labor Statistics). Or, they were using the wrong kind of protective eyewear for that activity. Follow these tips to ensure you wear the right protective eyewear and prevent workplace eye injuries:

1. Read the label – To reduce the risk of eye injury, wear safety glasses with the Z87 label on the lens or frame. This mark indicates that the glasses meet standards set by the American National Standards Institute for safety glasses, goggles, face shields, welding goggles or sunglasses.
2. Get the proper fit – The eyewear frame should fit properly around the eyes to prevent chemicals or particles from slipping under the edges.
3. Buy the right product – Approved safety glasses are made from plastic, Trivex™, or polycarbonate materials. Research shows that polycarbonate lenses provide the highest level of protection.
4. Use them correctly – Use a face shield or helmet when welding or working with hot liquids. Wear safety glasses or goggles underneath to ensure your eyes are protected when taking off the shield or helmet.

Be proactive in protecting your eyes by following these eye safety tips! Remember that before engaging in activities, think about the appropriate protective eyewear you may need. If you're not sure, bring along what you might need just in case. This is vital to prevent workplace eye injuries.

News & Notes

HOW TO TREAT A SCRATCHED EYE

See your ophthalmologist if you scratch your eye. If you're in a lot of pain, are having any trouble seeing or are worried about your eye, go to the emergency room.

Most corneal abrasions and eye scratches are minor and will heal on their own in a few days, but you should still see a doctor to get an eye exam.

If you have a scratched eye, here are some things you should - and should not - do:

DO rinse your eye with saline solution or clean water. If you don't have an eyecup, use a small, clean glass. Rest the rim of the glass on the bone at the base of your eye socket, below your lower eyelid. The water or saline solution may flush the foreign object from your eye.

DO blink. Blinking can help get rid of small bits of dust or sand in your eye.

DO pull your upper eyelid over your lower eyelid. The lashes from your lower eyelid may be able to brush away any foreign object caught underneath your upper eye lid.

DO wear sunglasses. If your eye is sensitive to light because of the scratch, sunglasses will make you more comfortable while you heal.

DON'T rub your eye. Rubbing your eye can make the scratch worse.

DON'T touch your eye with anything. Fingers, cotton swabs and other objects won't help remove any foreign objects and could hurt your eye more. The object that caused the scratch may be gone even though you still feel like something is in your eye.

DON'T wear your contact lenses. Wearing your contact lenses will slow the healing process and could cause complications, like contact lens-related infections.

DON'T use redness-relieving eye drops. Over-the-counter redness-reducing eye drops can be painful if you have an eye scratch and they won't help you heal any faster.

Healing Time for an Eye Scratch

Your ophthalmologist can tell you what to expect after they've examined your eye. Eyes often heal very quickly, so an eye scratch may heal faster than a cut on your skin would. But each scratch is different and there's no way to predict exactly how long it will take for an eye scratch to heal.



"I'll have to get someone younger to look at your résumé. I'm not fluent in emoji."

ST. PATRICK'S DAY RIDDLES

- 1) How can you tell if an Irishman is having a good time?
- 2) What does a leprechaun call a tall happy man wearing green?
- 3) Where would you find a leprechaun baseball team?
- 4) Why do so many people live in Ireland?
- 5) What do you call a fake stone in Ireland?

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PROTECTING YOUR EYES AT HOME

Most people wear safety glasses at work and when playing sports but the same people won't think about eye safety at home when cooking, cleaning the yard or doing work in the garage. All too often, when people are doing household chores, they tend to forget about the risks they take by not wearing protective eyewear. A split-second is all it takes to impair your vision for life so reduce the risk of potential eye injuries at home by following these 7 simple tips during daily tasks in and around your home.

1. **Wear Safety Goggles to Protect Your Eyes When Working Outdoors** – Remember that almost 90% of all eye injuries can be prevented by wearing the proper safety eyewear. Don't make the mistake of assuming that normal glasses are efficient at protecting your eyes because they may shatter if struck, causing even more damage than you can imagine. Most home renovation projects involve the use of hazardous chemicals and sharp tools that can cause irreparable damage to your eyes in case of accident. So, make sure you wear specially designed polycarbonate safety goggles that provide excellent protection during yard work, spring cleaning and home improvements.

2. **Follow Manufacturer's Instructions for Safe Handling of Chemicals - Household chemicals like lime dust, detergents, cleaners or bleach cause 125,000 eye injuries every year.** When using these hazardous solvents and chemicals at home, make sure the area is well-ventilated and wear chemical safety goggles. Also, never make the mistake of mixing caustic substances or chemicals agents and always follow the manufacturer guidelines and warnings. Sometimes eye injuries still occur so, in the event of an eye injury, flush your eyes with water for 20 minutes to wash away the chemicals and seek medical attention at the earliest opportunity.

3. **Ensure Safety on the Stairs and Install Sufficient Lighting in Every Corner** - Ensure safety on the stairs and walkways, install gates, secure rugs and remove all tripping hazards to avert potential eye injuries. Also install sufficient lighting and handrails, especially if you have toddlers or senior citizens in your home.

4. **Inspect the Yard Prior to Undertaking any Project** - Before undertaking any yard work like mowing the lawn or trimming the weeds, remove all the dirt and debris including branches, twigs and thorns to prevent potential eye injuries and wear safety glasses.

5. **Maintain Safety in the Kitchen with Eye Shields** - Cooking food can splatter hot oil or grease in your eyes. Use an eye safety shield to prevent hot oils from splashing on your face and damaging your vision.

6. **Wash Hands Thoroughly after Completing a Task** - Always remember to wash your hands after you have completed any work and before you touch your face or eyes.

7. **Maintain Power Tools and Store them Safely When Not in Use** - Be sure to stack all power tools and chemicals out of the reach of small children. All screws, nails, and sharp hand tools can shoot off accidentally while power tools can propel dirt and debris into the air, resulting in serious eye injuries that invite a medical emergency. So make sure they are in good working condition and store them carefully.

If you experience any eye injury, do not touch the eye or rub it. Also, do not apply any medication and don't attempt to remove any foreign object from the eye yourself. Whether you have suffered an eye injury due to a flying object or a hazardous chemical, cover the eye with a shield or tape a cup over it and seek medical attention immediately. Visit your nearest Ophthalmologist for immediate assistance.

SAFETY TIP OF THE MONTH

The American Academy of Ophthalmology says that if you experience flashes of light, floaters, or excessive eye watering or dryness, visit an eye care professional. Eye doctors recommend that adults should have a baseline comprehensive eye exam by age 40, even if they don't have a vision problem. After that, they should schedule annual exams as directed by the eye doctor.

St. Patrick's Day Riddles Answers

- 1) He's Dublin over with laughter.
- 2) The Jolly Green Giant.
- 3) In the Little League.
- 4) Because the capital is always Dublin.
- 5) A sham rock.

QUOTATION OF THE MONTH



"This memory foam mattress isn't working. I still can't remember where I put my glasses."

10 GENERAL SAFETY PRECAUTIONS

The following are general safety precautions we all can follow to stay safe while on the job:

- 1) Assume responsibility for your own safety. Your safety is your personal responsibility.
- 2) Always follow the correct procedures.
 - 3) Never take shortcuts.
- 4) Take responsibility and clean up if you made a mess.
- 5) Clean and organize your workspace.
- 6) Ensure a clear and easy route to emergency exits and safety equipment.
- 7) Be alert and awake on the job.
- 8) Be attentive at all times to your work surroundings.
- 9) When in doubt, contact your supervisor or manager for instruction, guidance or training.
- 10) Never take risks when it comes to safety.

Happy
St. Patrick's Day
March 17



Spring Forward!
Daylight Saving
Time Begins



Sunday, March 8, 2020