

News & Notes

HOME EYE SAFETY

We concentrate on eye protection at work and rightly so. But what happens when we leave work and go home?

HOME EYE INJURY STATISTICS

According to the American Academy of Ophthalmology:

- There are 1.5 million eye injuries that happen at home every year.
- 90% of these injuries could have been prevented by using protective eyewear.
- Accidents involving common household chemical products cause approximately 125,000 eye injuries each year.

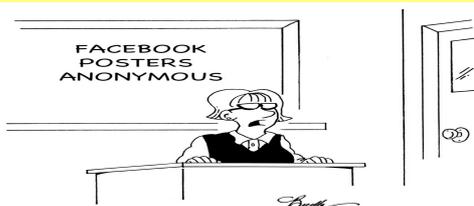
DANGEROUS HOME ACTIVITIES

- Painting, sanding, drilling and hammering.
- Nail guns (14,800 nail gun incidents a year)
- Cooking and cleaning
- Yard work (ever get hit by debris when using a line trimmer)

HOME PROTECTIVE EYEWEAR REMINDERS

- Wear chemical safety goggles when using hazardous solvents and detergents, and do not mix cleaning agents.
- Turn spray nozzles away from your face.
- Read and follow directions when opening bottle-tops (i.e. wine, carbonated beverages).
- Wear safety glasses when cutting grass or using a trimmer or edger.
- Wear safety glasses when doing any woodworking activities
- Wear recommended protective eyewear during sports and recreational activities.
- If you get something in your eye do not rub; if chemical related flush the eye immediately for at least 15 minutes.
- Do not remove objects that are stuck in the eye as this could cause vital fluids to leak out.
- Do not wash eye when dealing with cuts or punctures.
- Use a cold compress to treat a blunt trauma injury such as a black eye; do not apply pressure.
- Get immediate medical attention for any eye injury.

PROTECT YOUR EYES AT HOME LIKE YOU DO AT WORK!



"My name is Debra and it's been 3 hours since I posted pictures of my cat, my grandchildren, my dinner, my..."

ST. PATRICK'S DAY RIDDLES

- 1) What do you call a leprechaun with a sore throat?
- 2) What happens when a leprechaun falls into a river?
- 3) Why are leprechauns hard to get along with?
- 4) Do leprechauns get angry when you make fun of their height?
- 5) Where would you find a leprechaun baseball team?

Answers on Page 2 Safety Bits & Pieces

Safety Matters

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Workplace Eye Safety

Workplace Eye Injury Treatment

March has been designated Workplace Eye Safety and Health Month. Eye injuries in the workplace are very common. 2,000 U.S. workers sustain job-related eye injuries that require medical treatment each day. However, safety experts and eye doctors believe wearing the correct eye protection (safety glasses, goggles, face shields) can lessen the severity or even prevent 90 percent of these eye injuries.

What should be done in an eye emergency?

Seek medical attention as soon as possible following an injury, particularly if you have pain in the eye, blurred vision or loss of any vision. Several simple first aid steps can and should be taken until medical assistance is obtained.

First aid for chemicals in the eye:

☞ Immediately flush the eye with water for at least 15 minutes. Place the eye under a faucet or shower, use a garden hose, or pour water into the eye from a clean container.

☞ If you are wearing contact lenses, immediately remove them before flushing the eye.

☞ Do not try to neutralize the chemical with other substances.

☞ Do not bandage the eye.

☞ Seek immediate medical attention after flushing.

First aid for particles in the eye:

☞ Do not rub the eye.

☞ Try to let your tears wash the speck out, or irrigate the eye with an artificial tear solution.

☞ Try lifting the upper eyelid outward and down over the lower eyelid to remove the particle.

☞ If the particle does not wash out, keep the eye closed, bandage it lightly and seek medical care. Some particles, particularly metallic ones, can cause rusting spots on the eye if left untreated for several days. If you are unsure if the object is gone, do not delay medical care.

First aid for blows to the eye:

☞ Gently apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be placed gently on the injured eye to reduce pain and swelling.

☞ In cases of severe pain or reduced vision, seek immediate medical care.

First aid for cuts and punctures to the eye or eyelid:

☞ Do not wash out the eye.

☞ Do not attempt to remove an object that is stuck in the eye.

☞ Cover the eye with a rigid shield, like the bottom half of a paper cup.

☞ Seek immediate medical care.



SAFETY TIPS OF THE MONTH

To protect your eyesight as you age:

- 1) Find out if you are at higher risk for eye disease. Get your eyes checked every two years.
- 2) Have regular physical exams to check for diabetes and high blood pressure.
- 3) Look for warning signs of vision change.
- 4) Protect your eyes from harmful UV light.

