Could you do your job without your eyes?

Probably not!

But each year, thousands of construction workers suffer eye injuries on the job, severe enough to miss work. Some eye injuries are severe enough to cause permanent loss of vision.

To protect your eyes ...

1. **Wear your safety goggles or safety glasses!**

   According to the Bureau of Labor Statistics, 60% of those suffering an eye injury were **NOT WEARING** eye protection. If your job puts you at risk of eye injury, OSHA requires your employer to provide proper eye protection equipment!

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**. Some tasks require additional protection. If you are grinding, chipping, or working with corrosive chemicals, add a **face shield** as well. If you are welding, wear a **welding hood** with a filter lens.

3. **If your eye is irritated, rinse gently with water**

   If a particle of metal, wood, or another material is stuck in your eye, penetrating the surface:
   - Do **NOT** try to wash out the object
   - Do **NOT** try to remove the object
   - Report to a doctor **IMMEDIATELY**

What can damage my eyes on a construction site?

- Metal filings
- Sand
- Sawdust
- Dirt
- Glass shards
- Chemical strippers
- Concrete dust
- Paint chips
  …and much more!

Find out more about construction hazards.

Get more of these Hazard Alert cards—and cards on other topics.

Call 301-578-8500