

# HAZARD ALERT

CPWR  
THE CENTER FOR CONSTRUCTION  
RESEARCH AND TRAINING

# EYE INJURIES



## 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.



## If your eye is cut or punctured, see a doctor

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**

## Find out more about construction hazards.

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

**Call 301-578-8500**

## 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!



If you choose safety glasses (top), make sure they include 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**.

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.



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### 3 If your eye is irritated, rinse gently with water

Dust settled on the eye or eyelid can cause irritation. If you are experiencing irritation **flush your eye gently with water** from a bottle, hose or eyewash station. If you **get hazardous chemicals** in your eye, flush out the eye with 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 chips
- ...and much more!

OSHA estimates that proper protective eyewear can prevent nine out of ten eye injuries.



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**If you think you are in danger:**

**Contact your supervisor.  
Contact your union.**

**Call OSHA  
1-800-321-OSHA**