

Spring into Safety—Protect Your Eyes!

Eye safety is important all year, but LARM statistics show that the Spring months of March, April, and May are prone to eye injuries, both in the total number of claims and as a percentage of total injury claims. Maybe it's because the snow isn't blinding us and we aren't quite used to wearing sunglasses again, but no matter the reason follow these tips to PROTECT YOUR EYES!



Use eye protection anytime there is a chance of foreign debris or materials becoming airborne. This would include most any metal work, repair work, mechanical work, and outdoor work. Use the appropriate eye protection for the task at hand.

Use properly tinted eye protection for your task. Outdoors, tinted lenses can allow you to see better, but inside, tint can make it harder to see. Proper UV protection is also recommended.



Know where the eye wash stations are located and how and when to use them. Seeking immediate medical treatment for any eye injury or exposure to foreign material is crucial to prevent potential vision loss and ensure proper healing.

Office workers can adjust hardware settings or use blue-blocking glasses to help protect their eyes by minimizing exposure to high-energy visible light that can cause discomfort and fatigue. And remember the 20-20-20 rule: every 20 minutes, look at something 20 feet away for at least 20 seconds.



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