PRINCIPAL LEADERSHIP
A C A D E M Y

EYE SAFETY TIPS

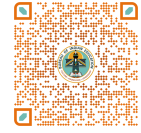PRINCIPAL LEADERSHIP
A C A D E M Y

Eye injuries affect about 2.5 million people every year. Below are tips for preventing injury to your eyes.

EYE SAFETY TIPS

You can protect your eyes from injury at home by following these tips:

- Make sure the edges of furnishing and fixtures have no sharp edges.
- Install lights and handrails to improve safety on stairs.
- Be careful when opening carbonated drinks.
- Wear chemical safety goggles when using hazardous solvents and detergents. Don't mix cleaning agents.
- Turn nozzles away from your face before spraying.
- Wash your hands after using chemicals.
- Use guards on all power equipment.
- Wear protective eye gear while using lawn equipment, because debris may fly through the air.
- Wear sunglasses that protect your eyes from UVA and UVB rays when you are outside. Wear them even on cloudy days.
- Never look directly at the sun, including during an eclipse.

WHEN TO SEE A HEALTHCARE PROVIDER

Go to an eye healthcare provider if you have any signs of eye problems. These may include:

- Redness
- Swelling
- Excess tears
- Tired, aching, or heavy eyelids
- Eye pain
- Problems with focusing
- Muscle spasms of the eye or eyelid
- Frequent headaches

Seek medical care right away for any eye injury. Do not try to treat eye injuries on your own.