

2001 Labor Day CheckList Eye and Vision Safety

Action Areas	Employers	Employees
COMPUTER WORKSTATIONS		
Lighting/Glare	<p>Provide adequate lighting or anti-glare screens.</p> <p>Consider the use of accent or task lighting.</p> <p>Provide proper window coverage to prevent direct light from hitting the monitor's screen.</p>	<p>Modify screen position.</p> <p>Fine-tune monitor controls (brightness) to increase acuity.</p> <p>Adjust window blinds.</p>
Eye Strain	<p>Allow for breaks for those who use computers on a regular (all day) basis</p>	<p>Take breaks every few hours – walk away from your computer.</p> <p>Look away from the screen every 20 minutes</p> <p>Don't forget to blink – often!</p>
GENERAL ENVIRONMENT		
Dust Particles	<p>Provide a clean workplace.</p>	<p>Keep a clean workplace</p>
Personal Protective Equipment (PPE)	<p>Provide PPE to protect workers from flying particles, chemicals, gases or vapors, or light radiation as required by the Occupational Safety and Health Administration (OSHA).</p> <p>Make sure all eye protection devices properly fit the employee.</p>	<p>If your job requires that you wear eye protection, do so!</p>
Inspections	<p>Perform regular safety inspections and assess hazards.</p>	<p>Report and/or work to eliminate any potential eye hazards in the workplace.</p>
Chemical Burns	<p>Always have clean water available; provide sinks or suitable facilities for quick flushing of the eyes.</p> <p>Identify and evaluate all chemicals used in your workplace. Provide material safety data sheets (MSDS) on all hazardous chemicals.</p>	<p>If a chemical splashes in your eye, keep your eye open to avoid spreading the chemical over the cornea. Flood eye with lots and lots of water. See a physician immediately.</p> <p>Become familiar with the hazards of chemicals with which you work.</p>
EDUCATION		
First Aid	<p>Establish a first aid/emergency plan to deal with eye injuries and train employees in basic first aid.</p>	<p>Read the plan and participate in the training program.</p>

PPE Training	Emphasize the importance of wearing protective eyewear and provide employees with proper training.	Learn how to properly use protective eye equipment. Learn proper procedures if you do injure your eye(s).
<i>LIFESTYLE</i>		
Diet	Offer healthy food options in on-site dining facilities.	Choose healthy foods – a diet low in fat and high in fruit and vegetables may help prevent the onset of macular degeneration.
Eye Exams	Consider offering eye examinations as part of the health insurance program.	Have regular eye examinations.
Sleep/Shiftwork	Use accepted guidelines for safe practices for shift workers.	Get sufficient sleep on a daily basis.
Smoking	Ban smoking in the workplace.	Quit smoking.
Wear Sunglasses	Encourage the use of proper sunglasses for those employees who work in an outdoor environment.	When outside, always wear sunglasses that block 99-100% of both UV-A and UV-B rays. If you wear contact lenses, purchase ones with a UV blocking feature.