## Keep Your Eyes on Safety

Each day about 2,000 U.S. workers sustain a job-related eye injury that requires medical treatment. Remember that once your eye(s) is injured, there is a good chance it may never heal. You only have two eyes, so make sure you keep them safe!

### Common Causes of Eye Injuries

**Striking or Scraping:**
Small particles such as dust, cement chips, metal slivers, and wood chips that strike or scrape the eye.

**Penetration:**
Objects like nails, staples, or slivers of wood or metal can go through the eyeball and result in permanent loss of vision.

**Chemical and Thermal Burns:**
Industrial chemicals and cleaning products are common causes of chemical burns and welders can experience thermal burns.

### What Eye Protection is right for you?

**Safety Glasses:**
Protect against flying objects.

**Safety Goggles:**
Protect against dust or liquid splashes.

**Face Shields:**
Protect against greater impacts. Must be used with safety glasses or goggles.

**Welding Helmets:**
Protect against optical radiation.