

# Hillmont Associates

Health - Safety - Environment - Quality

# EYE INJURIES

On construction sites and in the workplace

Every year hundreds of construction workers suffer from eye injuries on sites, serious enough to miss work or cause permanent loss of vision.

## IF YOU CUT OR PUNCTURE YOUR EYE ON SITE

If metal, wood or another material gets stuck in your eye:

- Do **NOT** try to wash out the object!
- Do **NOT** try to remove the object!
- Do **NOT** rub or apply pressure!
- See a doctor **IMMEDIATELY!**

What can damage my eyes on a construction site?

Metal filings, sand, sawdust, dirt, glass shards, chemical strippers, concrete dust, paint... and much more!

## PROTECT YOUR EYES

### WEAR YOUR SAFETY GLASSES OR GOGGLES!

Ensure you have the correct eye protection for your job.



### WEAR THE RIGHT PROTECTION!

If your work puts you at risk, wear safety glasses or goggles with side shields.

### RINSE IRRITATED EYES!

If your eye feels itchy or gritty, flush it gently with clean water from a bottle, hose or tap for at least 15 to 20 minutes.

If you get hazardous chemicals in your eye, flush it with clean water and see a doctor.

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