



PROTECTING YOUR EYES AND EARS

Protecting Your Eyes

According to the CDC, eye injuries and disease occur in various ways. Striking, exposure, scraping, penetration, and burns are the most common mechanisms. Each of these risks is mitigated by being aware of the hazards involved in each activity and taking the proper precautions. For example, mowing the lawn or mixing chemicals in a lab requires unique forms of eye protection. Choosing the correct option and fit for safety glasses, goggles, face shields or respirators makes a difference.

According to OSHA, thousands of preventable blinding events occur each year from work-related incidents that likely could have been avoided with proper PPE usage. The CDC drills down even further in that “each day about 2,000 U.S. workers sustain a job-related eye injury that requires medical treatment...and more than 100 of these injuries result in one or more days away from work”. We can all stay safe from eye injuries. Make a decision to wear PPE and protect your sight!

Ear & Hearing Safety

Exposure to damaging noise levels can occur anywhere sound volumes exceed 85 decibels for any period. Lawnmowers, leaf blowers, and motorcycles all produce sounds that are at or above 85 decibels. Brief or extended periods around elevated sound levels are detrimental to one’s ear and ability to hear.

Hearing protection, much like protective eye devices, each exist with unique applications. While something is better than nothing, it’s important to use earplugs, canal caps or earmuffs that correctly protect against harmful volume and frequency.

A good rule of thumb, according to OSHA, is that “If you need to raise your voice to speak to someone 3 feet away, noise levels might be over 85 decibels”. Take the necessary precautions and wear appropriate PPE to avoid being one of the millions exposed annually to hazardous noise and agents/chemicals that can compromise your hearing.

Center for Disease Control/The National Institute for Occupational Safety & Health. "Eye Safety"
Accessed at <https://www.cdc.gov/niosh/topics/eye/default.html>

Center for Disease Control /The National Institute for Occupational Safety & Health. "Ear Safety"
Accessed at <https://www.cdc.gov/niosh/topics/noise/choose.html>

USDH/Occupational Safety & Health Administration. "Occupational Noise Exposure"
Accessed at <https://www.osha.gov/noise>

USDH/Occupational Safety & Health Administration. "Eye & Face Protection"
Accessed at <https://www.osha.gov/eye-face-protection>

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