



Take care of your eyes

Be careful:

- Eye concerns are a common and sometimes serious problem in agricultural work.



Be Alert:

- Many hazards cause eye problems and irritation at work



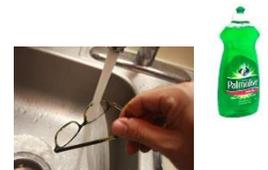
To prevent eye injuries wear:

1. Safety glasses to protect from impacts and the sun, or goggles for splash hazards.
2. A hat with a stiff brim



Take care of your safety glasses

- Wash under the tap using dish detergent and water
- Dry with a soft cloth or Kleenex (not paper towels)
- Protect from scratches: Store in a case or cloth when not on your head.



Keeping your eyes healthy

On a day to day basis:

- After work, take a good shower, wash your face, and rinse your eyes with clean water.
- Warm compresses using a clean cloth and warm water can be soothing.
- If you like, you can use hydrating eye drops to refresh your eyes-consult a pharmacist if possible.
- wear a sweat band to divert sweat away from your eyes



In case of debris in your eye:

- Never rub your eye. First try lifting your upper lid down over your lower lid allowing the lashes to brush the debris from the inside of the upper lid. Blink a few times and let the eye move the particle out. If the debris remains, keep the eye closed and seek medical assistance.

In case of chemicals in the eye:

- Flood the eye with water immediately, using your fingers to keep the eye open as wide as possible.
- Put your eye under a faucet or pour water from a clean container gently and continuously for at least 15 minutes.
- Roll the eyeball around as much as possible. Do not use an eye cup and do not bandage the eye.
- After these steps have been taken, seek medical help.

If you experience a serious eye injury:

- Tell your supervisor or get help from others.
- Visit a walk-in clinic or emergency room (depending on the severity) as soon as possible
- You might get treatment or sent to another professional.



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Adapted from materials produced by Rural Women's Health Project. First aid recommendations from Canadian Ophthalmological Society.

