



Know the type of eye protection you should use in the workplace.

Protect yourself and co-workers from the dangers of substance abuse.



A monthly safety newsletter from

Workplace Eye Protection

Every day, thousands of people suffer eye injuries at work that require medical attention. Because the majority of these injuries can be prevented by wearing personal protective equipment (PPE), it's important to know the type of eye protection you should use for the hazards you may face in the workplace.

Eye protection primarily consists of two types of eyewear: safety spectacles, which are similar to eyeglasses and feature side shields, and safety goggles, which form a protective seal around both eyes. Additionally, secondary protection such as a face shield may be required, depending on the hazards present.

Here are common causes of eye injuries, and the steps you can take to protect yourself:

- **Flying or falling objects** can cause abrasions, punctures and contusions. Be sure to wear safety spectacles

when you're exposed to impact hazards, and a face shield if necessary.

- **Work near hot materials** can cause sparks or splashes that could injure your eyes. Be sure to wear tinted, heat-resistant safety goggles when working around heat, and a face shield that's thick enough to protect the rest of your face from hot materials.
- **Chemical splashes, mists, vapors or fumes** can enter your eyes due to inadequate eye protection. Always wear safety goggles with protective seals when working around chemicals, and know the location of emergency eyewash stations in your workplace in case an injury occurs.

According to the Bureau of Labor Statistics, 90 percent of workplace eye injuries are preventable with the proper protective eyewear.



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The Effects of Substance Abuse

Drug and alcohol abuse is a self-destructive habit that can ruin jobs and relationships and lead to a variety of health problems. Additionally, the side effects of substance abuse can have immediate and deadly consequences in the workplace—studies show that 10 to 20 percent of employees who die at work tested positive for drugs or alcohol.

Because substance abuse can have such severe consequences in the workplace, it's important to keep a few important things in mind:

- Be on the lookout for any signs or symptoms of substance abuse in yourself or co-workers, such as changes in personality, bloodshot or glazed eyes, strange marks on the body, and depression.
- Remember that substance abuse impairs decision-making and motor skills. This could lead to an accident

if you or a co-worker comes to work under the influence of drugs or alcohol.

- Talk to your supervisor if you think your workplace has or may someday contribute to substance abuse in yourself or your co-workers. Contributors can include high stress, long hours, isolation and periods of inactivity.
- Talk to your supervisor right away if you believe that you or a co-worker has a problem with substance abuse. Remember that your employer's first obligation will be to the health of everyone in the workplace, including anyone with a substance abuse problem.

For more information on dealing with drug and alcohol abuse in the workplace, contact the experts at Baldwin Krystyn Sherman Partners.



Safety in NUMBERS 123

Occupations with a high risk for eye injuries include:



Construction



Manufacturing



Carpentry



Auto repair

Source: American Optometric Association

Real-life Case Study

William, an automotive technician, arrived at work in the morning after a late night of drinking with his co-workers. Because of this, William experienced the symptoms of a hangover while at work, including nausea, headache and fatigue.

As William was driving a customer's car into a service station, he failed to notice a set of tools on the ground and drove over them—destroying the tools and damaging the car.

When he met with his supervisor to discuss the incident, William mentioned that he was still feeling the effects of drinking the previous night. His supervisor then mentioned the company's confidential employee assistance program (EAP), which includes resources and support for employees dealing with potential substance abuse.

Now, William is currently using the EAP and is learning when to stop drinking when he's out with co-workers so that he can be productive, safe and attentive the following day.