

# **WEAR SAFETY GLASSES**

Every year in the UK 30,000 people suffer a DIY-related injury. Always wear good quality safety glasses when doing jobs around the house.



**for more information visit  
[www.visionmatters.org.uk](http://www.visionmatters.org.uk)**



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020  
**YOUR VISION MATTERS**

# DIY & YOUR EYE HEALTH

**DIY causes more than 30,000 eye injuries every year. So it's crucial to know how to stop accidents and what to do when one happens.**

Check that you know how to tackle the job before you start - If in doubt, call out an expert.

Eye protection is essential for many DIY jobs. Always wear safety goggles / spectacles that reflect what you want to do.

When you buy eye protection, check it conforms to European Standard BSEN 166.

Many accidents occur when goggles are lifted to get a closer look. Make sure that goggles stay on throughout the job. Take a break if you have to alter them.

Wearing normal spectacles or contact lenses on their own does not offer sufficient protection. You should wear goggles over spectacles and contact lenses.

Prescription goggles are available for people who need vision correction - ask your dispensing optician.

Goggles with polycarbonate lenses or side shields are best, because

they are more durable.

The most common eye injuries among adults are caused by flying chips of wood or metal. It is therefore essential that appropriate eye protection is worn.

Take special care when grinding, hammering and polishing. These generate small, high velocity particles which can penetrate an unprotected eye.

Different accidents need to be tackled in different ways. For instance, what you do if a foreign body enters the eye depends on its size. Any foreign body needs medical assistance.

However, a small splinter or liquid, such as a chemical, can usually be removed by flooding it with water. Larger objects, like pieces of wood require urgent medical attention. Tackling an injury by rubbing the eye often makes it worse.

Contact your local opticians if you experience eye trauma. If you have an out-of-hours medical emergency – you should contact your local eye accident and emergency service.

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**Other habits in our Ten Best Eye Health Habits series include: eating a healthy balanced diet, being active, protecting your eyes from the sun's damaging UV rays and watching your weight.**