



The Safety Zone

The Newsletter of the AHA Workers' Compensation Self-Insured Trust

A Look at Eye Safety

October is Eye Injury Prevention Month

Studies show that the two main reasons American workers suffer eye injuries are:

1. They weren't wearing *any* eye protection.
2. They were wearing the *wrong kind* of protection.

These findings give you a clue about what to focus on to prevent eye injuries. You also need to identify all the eye hazards in your job, which could include:

- **Impact**—from flying chips, particles, sand and dirt, etc.
- **Burns**—from sparks, molten metal, or chemical splashes
- **Irritation**—from chemical vapors or dust
- **Effects of light radiation**—from welding and similar operations

Next, you need to select the right eye protection for the job. The wrong kind may be worse than no protection, in some cases. So make sure you know which safety eyewear protects against which hazards. For example:

- **Safety glasses with side shields** or goggles provide good protection against impact hazards
- **Ventilated safety goggles** prevent chemical vapors or dust from getting at delicate eye tissue
- **A face shield worn over safety eyewear** provides extra protection from flying particles and chemical splashes
- **Goggles worn with a face shield** protect against burn hazards
- **Welding goggles with special lenses** protect eye tissue by filtering out harmful light radiation

Finally, follow these safe work practices when eye hazards may be present:

- **Obey all warning signs** requiring eye protection
- **Always put on eye protection *before* entering an area** where hazards may be present



How the pirate got his eye patch.

- **Assume eye hazards are present** whenever you're not sure
- **Make sure eye protection fits properly** and comfortably
- **Inspect protective eyewear for damage *before each use***, and replace it immediately if there is any defect
- **Ask your supervisor** if you're not sure which type of eye protection is required

news & notes

EYE SAFETY STATISTICS

Here are the facts from www.workforcesafety.org:

- More than 800,000 work-related eye injuries occur every year.
- Most eye injuries occur in production jobs, followed by transportation, material handling, and service industry jobs. Construction workers are also at risk.
- Men are the most likely to have eye injuries on the job. Some estimates range as high as 80 percent of all eye injuries.
- Workers age 25 to 34 are more likely to have eye injuries than any other age group, followed by workers age 35 to 44.
- The most common eye injuries are chemical burns, followed by cuts, lacerations, or punctures caused by parts, materials, and hand tools.
- More eye accidents at work happen on Wednesday than on any other day.

EYE SAFETY MATTERS

If you're casual about wearing eye protection, try these experiments:

1. Ask someone to blindfold you for 5 minutes and try to perform tasks such as catching a ball or tying your shoes.
2. Spend an hour with a patch over one eye, and see how hard it is to function with only one eye.



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First Aid for Eye Injuries

Do you know the right steps to take?

If you get an eye injury on the job, *always* get medical attention. But while you're waiting for professional help, applying proper first aid could help prevent permanent damage.

Take this quiz to see if you know the proper first-aid measures for different eye injuries:

1. What should you do if you get a particle in your eye?
 - a. Flush the eye with water.
 - b. Rub the eye.
 - c. Apply a cold compress.
2. What should you do if chemicals splash in your eye?
 - a. Flush with water.
 - b. Do nothing and let tears wash chemical out.
 - c. Apply a cold compress.
3. What should you do if you get a blow to an eye?
 - a. Flush with water.
 - b. Rub the eye.
 - c. Apply a cold compress.
4. What should you do if you get a cut near an eye?
 - a. Flush with water.
 - b. Bandage loosely.
 - c. Apply a cold compress.
5. What should you do if an object penetrates an eyeball?
 - a. Flush with water.
 - b. Immobilize that object.
 - c. Pull it out right away.

Answers:

(1) a (2) a (3) c (4) b (5) b

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Got News?

Do you have news that needs to be circulated or have a subject you would like for us to address? Let us know by emailing the newsletter editor at tcreel@arkhospitals.org.

AHA Workers' Compensation Self-Insured Trust Program is administered by Risk Management Resources (RMR), a division of BancorpSouth Insurance Services, Inc. www.bxsi.com. In March 2003 the AHA Workers' Compensation Self-Insured Trust was established. The program provides workers' compensation coverage to AHA members.

Risk Management Resources, the administrator for the program, assists members in the areas of claims management, safety and loss control. Tina Creel, of AHA Services, Inc., is the Group Manager of the Trust and provides oversight of the day-to-day operation of the Trust.

The Board of Trustees provides oversight of the overall operation of the Group Trust.

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