

PROTECTING YOUR EYESIGHT ON A SUNNY JOB SITE

Sunglasses aren't just fashion accessory; they are necessary protection for the eyes. Most people know about the danger of sun exposure to the skin, but many are unaware that the sun's rays can damage the eyes.

Everyone is at risk for eye problems caused by the sun. The risk of sun related eye problems is higher for people who:

- Spend long hours in the sun;
- Have had cataract surgery;
- Have certain retina disorders;
- Have light colored eyes
- Are on certain medicines such as,
 - a. Tetracycline
 - b. Sulfa drugs
 - c. Diuretics
 - d. Tranquilizers

The parts of the eyes that are susceptible to being burned by the sun are the cornea, lens' and retina. Long-term and/or excessive exposure to UV rays can lead to cataracts, macular degeneration and, skin cancer around the eyelids.

While conventional sunglasses may protect the eyes from glare, they do a poor job of protecting eyes on the job site. In fact, conventional sunglasses present their own hazards in the workplace. Safety sunglasses provide protection by filtering light, protect against the damaging UV rays and reduce the risk of foreign objects reaching the eyes. Safety sunglasses may have shields or close fitting, wrap-around types that fit close to the face. Safety sunglasses are stronger than the frame and lenses used in conventional sunglasses. When an object strikes the lens of the safety sunglasses it is very unlikely that the lens would dislodge. This is not true of conventional eyewear, especially those types with wire frames. When an object strikes the lens of conventional sunglasses, the lens shatters showering the wear's eye with shards of glass or plastic. With a pair of safety sunglasses, the lens may break, but will not shatter back into the eye.

Your safety sunglasses will not make you look better, see more comfortable or protect your eyes when they are in your pocket or on the dashboard. Protect your eyes so we can see you on the job for many years to come.

