Eye health at work

Follow your workplace's safety rules to protect your eyes. Wear safety glasses, goggles, face shields, etc. Keep your safety eyewear clean and in good condition.

More than 700,000 persons in the U.S. have eye injuries at work a year. Most of these could have been prevented.

Find out if and what type of eyewear is required for your job. Ask loved ones if they wear required safety eyewear at work.

Persons who walk through work areas that have eye hazard areas need to wear protective eyewear.

When you visit a worksite that poses a risk of eye injuries, ask for protective eyewear if it is not provided.

Glasses and contact lenses used for other activities may not be effective when working with computer screens.

Let your eye doctor know if you work at a computer so they can prescribe the proper eyewear for you to use.