Reasons You Should Wear UV Safety Glasses

Protect from the sun—direct light and reflected light.

Easier to see clearly in the bright sun.

Prevent dust, dirt and pollen from getting into the eye and irritating them.

Eyes are not red and painful at the end of the day.

Keep pesticides and chemicals from splashing in the eye.

Protect eyes from incidents with tools or machines.

Keep branches and leaves away from eyes.

Prevent eye illnesses like growths on eye.

Farmworker Legal Services of New York, Inc.
1187 Culver Road
Rochester, NY 14609

585-325-3050

You should know about...... Eye Health

If you are a farm worker, your eyes are at greater risk for being hurt at work. Dust, dirt, chemicals, foreign object, and plant material can irritate your eyes. Working in the sun and wind can cause eye problems and damage.

Know the symptoms!

Difficulty Seeing/Vision Changes

Eye pain

Changes in the color of the eye

The pupils are different sizes

There is a growth in or near the eye

Causes

Dust or Dirt

Foreign Objects

Chemicals

Plant Material

Sun

Wind

Prevention!

Wear Safety Glasses with Sun Protection

Wash hands to prevent chemicals, dirt and germs in the eye. Don't rub or touch your eyes while at work.

Wear gloves to prevent getting chemicals on hands.

Wear hats/bandanas to protect the eyes.

Know the UV Index

You should know about....Eye Conditions

These conditions are related to long exposure to UV rays and eye irritation from dry, dusty conditions.

Pterygium is fleshy tissue that grows over the corneas of the eye. It may be small, or grow large enough to cover the pupil and block vision. Pterygium most commonly occurs on the inner corner of the eye, but can appear on the outer corner as well.

Pinguecula is a yellowish patch or bump on the white of the eye, most often on the side closest to the nose. It is not a tumor, but it is an alteration of normal tissue resulting in a deposit of protein and fat.

Protecting your eyes

Choose sunglasses that block 99 to 100 percent of both UVA and UVB rays. Look for UV-protection details on product labels.

Wear safety glasses to prevent eye injuries from sharp objects, like tree branches, metal fragments and rocks and from dust, pesticides and other chemicals.

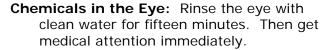Wash hands to prevent getting chemicals, dirt and germs in the eye.

Use gloves to prevent getting chemicals, dirt, and germs on the hands when hand washing is not possible.

Wear hat to protect the eyes from the sunlight and branches.

Wear bandanas or sweatbands to help keep sweat out of your

You should know about.... Eye First Aid

Dust or Dirt in the Eye: Rinse the eye with clean water for five minutes. If it does not feel better, get medical attention immediately

Chemicals in the Eye: Rinse the eye with clean water for fifteen minutes. Then get medical attention immediately.

Foreign Body sensation in the eye: This may be due to a scratch on the cornea from dust or other small particles. Wash the eye thoroughly. If the sensation persists, seek medical attention.

Cut on the Eyelid or Eyeball: For a cut on the eyelid or eyeball, close the eye and cover it with a piece of gauze or clean cloth. See a health care provider immediately if the cut is deep or if the cut is on the eyeball.

Blood on the Eyeball: A spot of blood on the eyeball can have many causes. It is best to see a health care provider immediately.

Black Eye: For a bruise around the eye (black eye), wrap ice or frozen vegetables in a towel and place it on the eye for 15 minutes. Repeat this every one to two hours for 48 hours.

Something poking into the Eyeball (impaled object): Cover both eyes with a bulky dressing, taking care not to put any pressure on either eye. Remember not to put any pressure on the impaled object. Covering both eyes keeps the injured eye from moving and causing more damage. Seek medical attention immediately.