Protect Your Eyes at Work

It is important for employees to protect themselves from eye injuries or eye strain. Eye injuries in the workplace are very common. Here are some tips on how to protect your eyes at work.

Keep Screens at a Distance

The average worker spends seven hours on the computer either in the office or working from home. It is recommended to keep your eyes at least an arm’s length from a computer screen and 16 inches from a handheld device. The glare of an electronic screen can cause eyestrain and computer vision syndrome. After prolonged computer use, you can experience these symptoms – headaches, blurred vision, neck pain, dry or red eyes, fatigue, double vision, and difficulty refocusing.

Take Blinking Breaks

You should avoid prolonged computer work. If you can’t, take blinking breaks. Follow the 20/20/20 rule when staring at a screen. Every 20 minutes, you look 20 feet away for 20 minutes so you can blink naturally and give your eyes time to relax.

Use Proper Eyewear Protection

An appropriate protective eyewear is important to protect your eyes from injury. The appropriate eye protections depends upon the type of hazard, the circumstances of exposure, other protective equipment and your vision needs.
Why a Health & Safety Newsletter?

Health and Safety is a priority at BCIT! Health and Safety newsletters contain monthly first aid statistics, compliance concerns, and updates of new legislation and interest articles.

The Newsletter will be created and circulated each month. Please visit the Safety and Security office at the North End of SW01 for printed copies of the newsletter.

To submit ideas or suggestions for future installments, please contact the OHS Office.

Standards for eye and face protection

Your safety eyewear and face protection should meet CSA or ANSI requirements.

- Look for CSA or ANSI Z87 markings on non-prescription safety eyewear or face shields. For protection from high impact, choose eyewear marked CSA or ANSI Z87+.
- Look for a CSA mark on prescription safety eyewear made of polycarbonate or plastic. On prescription lenses made of treated safety glass, look for ANSI Z87-2. You should remember that wearing lenses made of treated safety glass is acceptable only when polycarbonate or plastic lenses are not practical, and there is no risk of impact to your eyes.

First Aid Report

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