

# CONTACT LENSES

## PROTECT YOUR EYES AT WORK

- Eye protection must be worn along with the contacts. Contact lenses and street eyewear are no substitute for safety glasses or goggles.
- The worker should tell the first aid crew he wears contacts in case of an eye injury. Wallet cards identifying contact lens wearers are also a good idea.
- Bring your contact lens care kit to work in case a lens needs to be removed and cleaned.
- Keep a pair of eyeglasses at work in case the contacts have to come out.
- Follow the care program of the lens provider.
- Over-wearing can cause drying, leading to ulceration of the eye cornea.
- If a chemical splashes in the eye, begin flushing the eye with water immediately and continue for 20 minutes. Seek medical attention if necessary.
- If a contact lens moves away from the cornea and sends it under an eyelid, flush and see an eye specialist if irritation persists.

