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Let's See!

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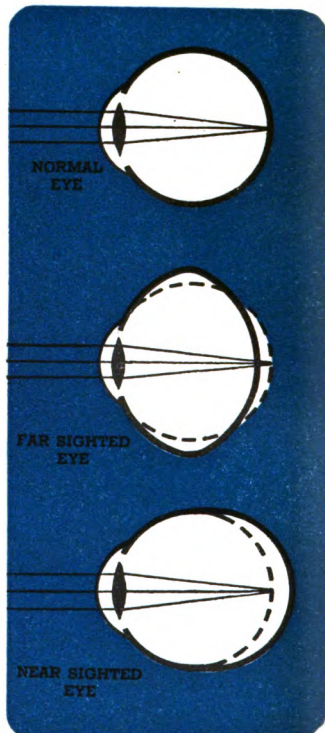
Bad eyes are a danger to men, machines, and material. You don't need perfect eyes for most work, but you do need to see well enough to do your job. An up-to-date employer will insist on an eye exam before he hires you and on check-ups afterwards. He knows the danger, for example, of hiring a crane operator who cannot judge distance and drops his load 10 feet short, or an assembler who sees double because her eye muscles are out of balance. Glasses might help both of these people.

Of course, not all people with poor eyesight need glasses. Conditions like color-blindness, wall-eyes, and "the squints" cannot be cured by wearing glasses. Nor will glasses take care of eye trouble brought on by disease or infection, by nervousness or lack of the right food. An oculist or ophthalmologist—a doctor who is an eye specialist—will diagnose your eye ailment.



Your eye is built like a camera. The human lens is suspended in the eyeball. Many people have eyeballs that are too short, too long, or uneven, and what they see is not in focus. That is, they are nearsighted and cannot see at a distance, or farsighted and cannot see near objects, or they have astigmatism and see things blurred. Another frequent complaint is failing vision in middle age.

These are the most common causes of poor eyesight and should not be confused with diseases or injuries of the eye that result in blindness. Near and far sighted people and those with astigmatism or middle-age vision can improve their sight with glasses fitted to their needs by a physician. You can't pick up a pair of spectacles on a store counter and expect them to do the trick.





Poor lighting and close work cause eyestrain.

Make sure you have the right light to work in. You can get relief from strain by occasional rest periods. Relax the eye muscles by closing your eyes from time to time or by looking at some distant object.

Lolly May is a gage inspector. Lately she has had headaches and dizzy spells. The plant doctor said the trouble was eyestrain. Some changes in the lighting were made near Lolly May's workplace, and now she feels swell. Turns out better work too.

Good lighting in the workshop is a job for experts. If your shop has no safety director, your boss can find out about better lighting by calling your State industrial hygiene bureau. There is no cost for this service. Engineers will inspect the plant for glare, disturbing reflections, dark shadows, sharp contrasts, and give you many pointers on how many and what kind of lights you need. Sometimes a simple thing like cleaning the windows and bulbs makes a great improvement in lighting. These experts will analyze the lighting needs for each job. They will check the amount of light in each shop with a Brightness Meter and tell the boss where special lights are necessary. From then on its up to the boss, and you.

Painting walls and ceilings a light color is also a great help. It adds light and cuts down sharp contrasts between windows, walls, and ceilings. Some plants paint stationary and moving machinery parts in different light colors. This makes it easier to see and gets rid of dark shadows. Flat paint will decrease glare.

Your eyes can get sick too. If your eyes become inflamed with puffiness of the eyelids and it hurts to look at light, don't rub your eyes to make them feel better. See a doctor right away. The longer you put off seeing a doctor the more danger there is that your vision may be permanently injured. Home "doctoring" is dangerous too.

Some eye diseases like pink eye and "shipyard eye"—the doctors call it kerato-conjunctivitis—are easily spread from one person to another by carelessness. To escape getting eye infections, keep dirty hands, gloves, cloths, and other dirty objects away from your face. Never use towels, goggles, or eyecups used by others. Don't let anyone touch your eyes without clean hands.





Wear your safety goggles on the job instead of street specs.

Safety glasses are shatterproof, but a light blow may splinter your ordinary spectacles. If you wear glasses regularly, have your goggles fitted with prescription lenses. Some modern plants furnish these special lenses along with an eye examination. Others pay for the exam and the frames and let the worker buy the lenses at cost.

There are many different gadgets for protecting the eyes. Your boss should decide the kind that is safest for your job—goggles, hoods, helmets, masks, shields, or screens. Modern factories furnish an inspection and repair service and see that eye-protectors and masks are sterilized daily for each shift to prevent infection.



Use only your own eye protectors—don't lend them out or borrow someone else's. Be sure you can see through them—clean off all oil, grease, dusts, acids, or solvents from eyecups and frame. Your safety director will tell you how to keep them from steaming up. Where ventilated side shields cannot be used, a thin coat of glycerine or clear soap applied to the lens will usually prevent fogging. Sweatpads will keep the perspiration out of your eyes.

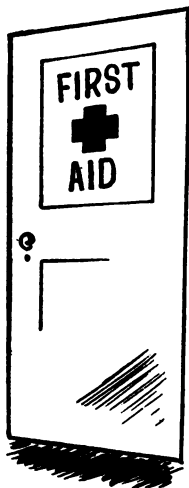
Your plant will see to it that exhaust ventilation removes dangerous dusts, fumes, and gases and that unbreakable guards are on all moving machinery. A safe worker won't endanger his life by running his machine unless the guard is in place, nor speed up his machine beyond the safety point.

Visit the first-aid room as soon as anything goes wrong with your eyes. If you get a speck in your eye, or develop a crop of sties, let the nurse take a look at it. If she can't help you, she'll turn you over to the doctor. Don't let a "shop-prof" fool with your eyes. Knives, screw drivers, toothpicks, matches,



tweezers, or files were not made to remove objects from your eyes.

Burns of all kinds should be treated by the nurse or plant physician. The best first-aid for acids or other dangerous chemicals in the eyes is to wash them thoroughly with clean water.



Sometimes infections in other parts of the body may affect your eyes. One-sixth of all the people who have lost their sight are victims of syphilis or gonorrhea. This is another reason why you should take care of your general health.

You'll never have another set of eyes. Give them good care at home as well as on the job. Keep your general health good. Have your eyes examined regularly. If you need glasses wear them. Avoid eyestrain. Protect your eyes from danger.

**YOUR EYES ARE YOUR
"SAFETY GUARD"
KEEP THEM IN GOOD REPAIR**



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Workers' Health Series, No. 12

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