



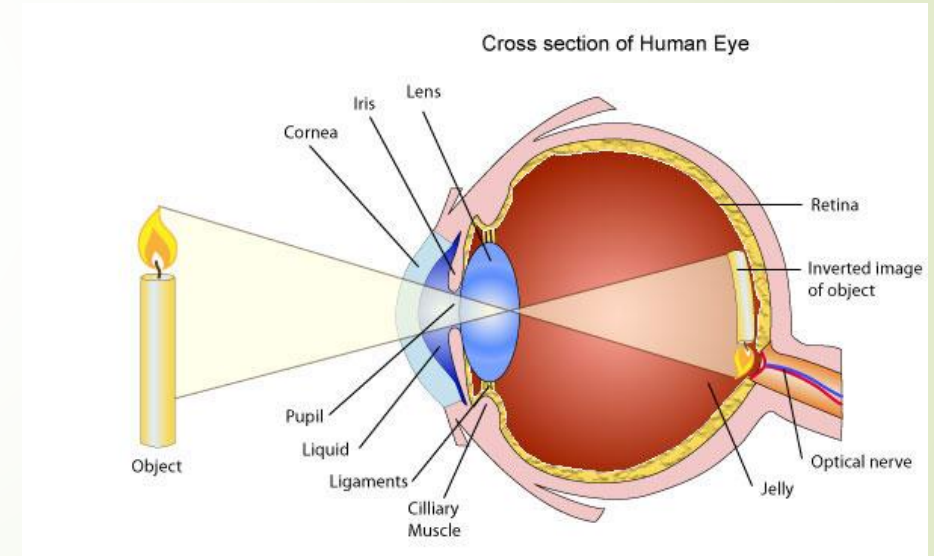
Healing Hands
Health Center



Protecting your Eyes

How the Eye Works?

- ▶ Light enters the eye through the Cornea and is then focused and flipped by the lens
- ▶ The light then hits the retina, which is the back part of the eye
- ▶ The retina has two types of cells, rod cells and cone cells. Rod cells see black and white and help you see at night. Cone cells help you see color
- ▶ This information is sent to the brain where it is processed



Common Eye Hazards

- Bright light
- Dust and Particles
- Flying Objects and Debris
- Chemicals





How your eye can become damaged

- ▶ Excessive light, such as sun light or welding arcs/flames, can cause permanent damage to your retina and cause blindness
- ▶ Physical Injury to the eye can damage multiple parts
 - ▶ Dust, sand, and small particles can scratch the surface of your eye
 - ▶ Flying objects and debris can pierce and cut the eye
 - ▶ Sometimes causing permanent damage

How to Protect your eyes

- ▶ Wearing proper eye protection in certain situations is the first and most crucial step
- ▶ Exposure to direct sunlight or welding arcs for even a short period of time can cause permanent damage, always wear eye protection
- ▶ Wear safety glasses when working in the yard, recreational shooting, wood working, etc.

