Your eyes are constantly at risk on the jobsite—whether you work in a manufacturing plant, a lab or a construction site. Some studies show that about 2,000 eye injuries take place each and every day. Sadly, 10 to 20% of these eye injuries result in temporary or permanent vision loss.

Perhaps even more eye-opening is this statistic: three out of five people who suffer from eye injuries were not wearing eye protection when the accident occurred. If you want to shield your eyes from harm on the worksite, read on to learn more about jobsite eye injuries and how to prevent them with the proper protective eye wear.

**Eye injuries in the workplace:**
Historically, the workplace was the site of the majority of eye injuries. However, the trends have changed — nearly half of all eye injuries each year occur in the home — it is true that the workplace can still present many threats to sight. Eye injuries on the job often require one or more missed work days to recover from and may cause temporary or permanent vision loss.

The most important thing you can do to protect your vision on the job is to always wear appropriate protective eyewear, which can prevent more than 90 percent of serious eye injuries.

**Watching Out for Danger**
Common causes for eye injuries are: Flying objects (bits of metal, glass), Tools, Particles, Chemicals or Any combination of these or other hazards.

**Protecting Your Eyes**
There are three things you can do to help prevent an eye injury:
1. Know the eye safety dangers at work.
2. Eliminate hazards before starting work. Use machine guarding, work screens or other engineering controls.
3. Use proper eye protection.

Wear protective eyewear whenever there is a chance of eye injury. Anyone working in or passing through areas that pose eye hazards should wear protective eyewear.

The type of safety eye protection needed depends on the hazards in your workplace and should be compliant with OSHA regulations for eye and face protection. If you are working in an area that has particles, flying objects or dust, you must at least wear safety glasses with side protection (side shields). If you are working with chemicals, you should wear goggles. If you are working near hazardous radiation (welding, lasers or fiber optics) you must use special-purpose safety glasses, goggles, face shields or helmets designed for that task.

Always be sure your eye safety wear is OSHA-compliant and has been approved by ANSI (American National Standards Institute-eye protection standard).

If an eye injury occurs, report to your supervisor immediately, even if the eye injury appears minor. Flush with plenty of water and **AVOID** rubbing the eye!

**How to Recognize an Eye Injury**
Because eye injuries can cause serious vision loss, it's important to be able to recognize an injury and appropriately respond to it. **DO NOT** attempt to treat a serious eye injury yourself.

If you notice any of these signs in yourself or someone else, get help right away:

- The person has obvious pain or trouble seeing
- One eye does not move as well as the other
- The person has a cut or torn eyelid
- One eye sticks out compared to the other
- The eye has an unusual pupil size or shape
- There is blood in the clear part of the eye
- The person has something in the eye or under the eyelid that can't be easily removed
On May 14th, Superior Construction Co., Inc. attended the Construction Advancement Foundation & Northwest Indiana Business Roundtable Construction Awards Banquet. Superior walked away, that night, with a total of FOUR awards! CAF Public Works Project of the Year Award for the US 24 Bridge Replacement over Tippecanoe River, CAF Highway Contractor of the Year Award, NWIBRT Safety Excellence Award, AND NWIBRT Safety Contractor of the Year!!

More than 600 construction professionals attended the annual CAF/NWIBRT Construction Awards Banquet in Merrillville, Indiana. The event recognized a variety of categories for professionals in industries such as construction, safety and healthcare.

Top Photo: CAF Public Works Project of the Year Pictured left (l to r): NWIBRT Committee Member—Joe Coar and Superior Project Superintendent Tom Tippy.

Middle Photo: Highway Contractor of the Year Pictured left (l to r): Superior Project Superintendent—Jeff Carlson, Superior Project Superintendent—Pete Keilman, NWIBRT Committee Member—Joe Coar and Superior Project Superintendent Steve Fernandez.

Bottom Photo: NWIBRT Safety Excellence & Safety Contractor of the Year Pictured left (l to r): Superior Safety—Gary Wasemann, NWIBRT Committee Member—Don Bull, Superior Safety—Tricia Hanrath and Superior President—Dan Sopczak.

Congratulations to ALL Superior employees. Because of your commitment to safety and the productiveness that you demonstrate in the field, these awards are without a doubt, earned as a credit to you.