A LOVE YOUR EYES AT WORK CHECKLIST FOR ALL EMPLOYERS

Eye strain slows productivity, avoidable eye injuries delay projects, and unclear vision causes a myriad of workplace errors. Are you doing enough to keep the eyes of your workforce safe? We invite you to review the best ways to protect and prioritize your employees' eye health.

Rate how well your organization is doing to prioritize eye health in the workplace by answering all the questions below:

	Yes	No	Don't Know
We encourage our employees to have regular eye exams.			
We subsidize glasses and eye exams for our employees.			
We include eye health benefits in our employment offering.			
We encourage employees to take frequent breaks and rest their eyes.			
We provide adequate training to employees on eye safety protocols and the proper use of eye protection equipment.			
We routinely evaluate the ergonomics of workstations and provide appropriate equipment to minimize eye strain.			
We regularly promote good eye health practices in the workplace.			
We ensure employees can identify potential eye hazards in the workplace, such as flying debris, chemical splashes, radiation, and bright lights.			
A first aid stating with instructions for eye health injuries is posted and highly visible in the workplace.			
We provide appropriate eye protection like safety glasses, goggles, or face shields, to employees who work in environments with potential eye hazards.			
We ensure adequate lighting in our workplace. Spaces are well lit.			
We take measures to reduce the glare of computer screens and other surfaces that can cause visual discomfort or eye strain.			

HOW DID YOU RATE?

Mostly - Yes

Congratulations. You are doing great! Your organization is a shining example of what it means to Love Your Eyes at Work.

Let your networks know by sharing your results on social media.

Mostly - No

It's time to start prioritizing eye care at work.

Look for opportunities where you can improve quickly and apply policies and processes to get you on track in the long-term.

Mostly - Don't Know

Reach out to your Human Resources Department or Health & Safety Team today to learn about how the organization prioritizes eye health and look for areas of improvement.

♡ YOUR EYES | 2023 WORLD SIGHT DAY | IAPB