



Ten Rules of Eye Safety

PRESERVE THE SIGHT TO FIGHT!

Tri-Service Vision Conservation
and Readiness Program

Ten Rules of Eye Safety

1. Follow eye safety signs and procedures.
2. For mechanical, chemical, biological or radiant energy hazards, wear ANSI/ISEA¹ Z87 approved eye protection that is clean and in serviceable condition. For training and operational duties, wear Military Combat Eye Protection (MCEP).
3. Avoid contact lenses in areas where there is smoke, dust, or chemical fumes, and while training or deployed.
4. For eye-hazardous sports, wear ASTM² approved eyewear that contain lenses.
5. Know where the eyewash fountain is, how to use it and how to maintain it.
6. Know basic first aid for eye injury so you may help yourself and your fellow worker.
7. See your eye doctor every 2 or 3 years.
8. Report eye injury hazards and unsafe practices to your supervisor.
9. Encourage your fellow workers to practice eye safety and receive eye safety training.
10. Use common sense in all activities that could be hazardous to the eye.

¹American National Standards Institute/International Safety Equipment Association

²American Society for Testing and Materials International