

#LoveYourEyes at Work

World Sight Day 2023 calls upon employers to make eye health initiatives standard practice and to promote eye health habits that will benefit the well-being, safety and productivity of their employees.

It is everyone's responsibility to be aware of their eyes and the importance of protecting them. However, employers play a crucial role in creating the right conditions to make this possible and preventing any unnecessary eye injuries or problems.

To support employers implementing a workplace eye safety strategy, remember the following fundamental principles:

Work involving looking at screens for extended periods of time

- Regular screen breaks are important to give eyes a rest and prevent eye strain.

Work involving manual activity

- Any personal protective and safety equipment must include adequate eye protection.

Work outside or involving driving

- Sunglasses protect the eyes from UV rays.

Raising awareness of the importance of eye health in the workplace is key and should involve:



Offer a regular eye examination:

Regular eye checks allow workers to stay safe, healthy and economically active!



Encourage workers to wear their spectacles or contact lenses:

Refractive error is easily corrected. Better vision means better performance!



Ensure protective eye protection is provided and worn when needed:

Eye injuries can be avoided with the right measures and compliance!

