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Yard Work Safety

It seems like we're still fighting to get to Spring, but soon we're going to see all the beautiful new plant life that the season brings. As much as we wish our plants grew perfect and weedless in the garden, and our grass would grow green and to the perfect length and stop, its never going to happen. Whether you are a professional landscaper or you mow your own lawn, don't forget to protect your eyes while you work in the yard.



Corneal abrasions can occur from dirt and grass getting into your eyes. Corneal abrasions are scratches to the surface of your eye, and can cause red eye and irritation, but minor corneal abrasions are generally not vision threatening and they heal on their own. However, corneal abrasions are the least of your worries. Low hanging branches or rocks that the lawn mower catch can cause real damage to your eyes if you were to get hit with them. Spraying pesticides or other lawn treatments can get caught in the wind and blow into your eyes.

Thousands and thousands of eye injuries occur at home every year. Most of them can be prevented by using protective eyewear when engaging in activities that you know pose a possible threat for eye injuries. An optician can help you pick the right protective eyewear for your lifestyle.

Here are some tips for avoiding eye injuries when working in the yard:

- Inspect lawn for rocks and debris, and remove them before mowing
- Keep pesticides, fertilizers, and other chemicals stored securely
- Keep your tools in good condition
- Always wear safety goggles when using chemicals, mowing grass, or working in the dirt

If you experience pain or discomfort after something hits your eye while working in the yard contact your optometrist immediately

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