

INDUSTRIAL WORKERS' EYES, if unprotected, may be harmed by strong chemicals splashing, particles thrown by chipping or grinding tools, or electrical arc flashes. Machinery should be properly designed and guarded, and workers should wear goggles and shields on hazardous jobs.

THINGS TO REMEMBER

Teach children EARLY to keep dirty fingers and other objects away from their eyes.

To rest your eyes from continued close work, close them for a minute, or look off at a distance.

If chemicals get in your eyes, wash them out IMMEDIATELY with PLENTY of clean water. THEN see the doctor.

See your doctor when you cannot easily remove dust or cinders, or when eyes are red and inflamed and there has been no undue strain or lack of sleep to account for the irritation.

Don't wait for something to go wrong before you become concerned about your eyes. HAVE YOUR DOCTOR CHECK YOUR EYES REGULARLY.

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FEDERAL SECURITY AGENCY

Public Health Service

HEALTH INFORMATION SERIES NO. 64



**care
of
the
eyes**

CARE OF THE EYES

Nature has taken great pains to protect your eyes. They are set in bone sockets. The eyelids and other soft parts serve as cushions. A sensitive cornea covers the visible parts. Tears are provided to wash away some irritations. But, in spite of these defenses, your eyes can be damaged if you neglect or abuse them.

HAVE YOUR EYES EXAMINED REGULARLY

Some eye diseases seldom cause pain or reduce vision until they are well advanced. That is why it is important to include an eye examination with your regular, annual physical examination. If you have the typical symptoms of eyestrain—headaches, irritability, tiring easily, doing less or poorer work than usual, or having accidents because of misjudgment of your eyes—you should have your eyes tested immediately.

CHOOSING A SPECIALIST

In selecting an eye specialist, it is necessary that you understand the difference in these occupations:

An **OCULIST** or **OPHTHALMOLOGIST** is a physician—an M. D.—who specializes in defects and diseases of the eye and in eye surgery.

An **OPTOMETRIST**, a nonmedical practitioner, measures eye errors without drugs and attempts to correct them with glasses, prisms, and exercise only.

An **OPTICIAN** grinds lenses, fits them into frames, and adjusts the frames to the wearer.

No one should try to correct suspected eye defects with glasses already made up and displayed on store counters. Wrong lenses can seriously harm your eyes.

Eyes usually need an adjustment period to adapt to the changes which new glasses make in the size, clarity, or position of objects.

CARE FOR YOUR EYES

CLEANLINESS is a first essential in good care of normal eyes. If you get dust or dirt in your eyes and cannot remove it with clean water and an eye cup, see your doctor. Ulcers on the cornea, which can destroy sight, are sometimes caused by dust.

GOOD READING HABITS enable one to use eyes to best advantage, help prevent eye strain and varying degrees of nervous exhaustion. Use a reading light, 80 to 100 watts, preferably placed about three feet back of you and to one side of the printed page. Hold reading matter 16 to 18 inches away, below the level of your eyes. Avoid shadows as well as glare. Do not read while riding in trains, cars, or other moving vehicles as this puts an extra strain on your eyes. Children should be taught good reading habits early. They should be discouraged from reading while lying on the floor, as this brings the print too close to their eyes.

PROTECT AN INFANT'S EYES from long exposure to direct light, either sun or artificial. A baby quickly learns to wear goggles during sunbaths, or corrective glasses for marked visual defects. Keep playthings with points and sharp edges away from babies.

SAFEGUARD A CHILD'S SIGHT by having his eyes examined before he enters school. They should be rechecked often by the eye specialist, as minor visual faults may go unnoticed until a child is older. Adolescents, spending increasingly longer night study periods, need particular care and frequent re-examination of their eyes. The general bodily health of children at any age is important to their eyes.

FAILING VISION IN MIDDLE AGE may be the first symptom of a serious body disorder. In addition to regular eye tests, middle-aged persons also should have thorough physical examinations every year, or more often if the doctor advises.



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