

## *Tri-Service Vision Conservation and Readiness Program*



### **US Army Center for Health Promotion and Preventive Medicine**

Bldg. E1570 Stark Road  
APG/EA, MD 21010-5403  
(410) 436-2714 or DSN 584-2714

### **Ten Commandments of Eye Safety**

1. Observe eye safety signs and procedures.
2. Always wear appropriate ANSI<sup>1</sup> Z87 approved eye protection that is in clean and serviceable condition for mechanical, chemical, biological or radiant energy hazards.
3. Never wear contact lenses where smoke, dust, and chemical fumes exist nor in basic training or deployment.<sup>2</sup>
4. For eye hazardous sports, wear ASTM<sup>3</sup> approved eye guards that contain lenses.
5. Know where the eye wash fountain is and know how to use and maintain it.

*Vision Ready is Mission Ready!*

6. Know basic first aid for eye injury so you may help yourself and your fellow worker.
7. Have an eye examination by your eye doctor every two or three years, or sooner if directed, to ensure you have good vision to do your job safely and efficiently.
8. Report hazards and unsafe practices that may cause eye injury to your supervisor.
9. Encourage your fellow workers to practice eye safety and receive annual eye safety training.
10. Use common sense in all activities that are potentially hazardous to the eye.

<sup>1</sup> *American National Standards Institute*

<sup>2</sup> *Unless specifically authorized by employer*

<sup>3</sup> *American Society of Testing and Materials*

Please visit our web site at:  
<http://chppm-www.apgea.army.mil/dcpm/vcp/vcp.htm>

