

Safety Alert

Davis Constructors & Engineers Inc. & Mass Excavation Inc.

April 21th, 2019

page 1 of 2

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Toolbox Topic
Something in my Eye!

One Injury
Particle in Eye
ASKW/Davis!

Hours and Accident April 21st 2019					
Accidents/Incidents					
Job	2019 Hours	W Comp Reportable	OSHA Report	Lost-Time	Hours an Accident
AK Care	3,674	0	0	0	No Accidents!
Bethel	16,085	1	0	0	16085
JL Marriot Remo	7,393	0	0	0	No Accidents!
Mass X Operations	17,357	3	3	0	5,786
Providence	3,566	0	0	0	No Accidents!
Seward PSMC	496	0	0	0	No Accidents!
Holy Rectory	552	0	0	0	No Accidents!
Small Jobs	763	0	0	0	No Accidents!
LRDR - Clear	40,213	1	0	0	40,213
EIE 405 Utiliduct	13,806	2	1	0	6,903
HDJV UAF CPHR Power	15,172	0	0	0	No Accidents!
UAF Engineering Facility	35	0	0	0	No Accidents!
Total	119,112	7	4	0	17,016

Success is No Accident!

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page 2 of 2



Something is in my Eye!!!

There's really no way around it-getting something in your eye is painful! The irritation, burn, excessive blinking, redness and overall annoyance is enough to make you want to stop everything and pay attention. Here are four simple ways to get stuff out of your eyes.

Inspect your eye

First, and perhaps most important, always wash your hands! You don't want to infect or get more junk in your eye. Make sure not to rub the eye, as it could [scratch your cornea](#). And, do not poke your eye with anything that has a sharp tip (stay away from tweezers and cotton swabs).

Next, try to figure out the location of the object, checking near your eyelids, the cornea or conjunctiva (the insides of your upper and lower eyelids). Then, try to figure out the type of object-an eyelash, makeup, dirt, etc.

Flush your eye with water

Most often, your eyes will tear up and wash out the culprit. If that doesn't happen, find a clean sink or another source of clean water and a towel. Fill up your hands (after you wash them!) and flush water in your eye for a few times. Take a towel, pat dry and see if the pain and object have gone away.

Move your eyelids around

If the object is still there, try moving your eyelids around. Pull your upper eyelid over the lower one and roll your eye upwards. Release and see if the item has fallen out near your eyelashes or on your face.

Visit the eye doctor – Do not wait till the next day to seek medical attention.

If all else fails and everything's getting worse, know when to seek professional help. If you have a large foreign body like glass or metal embedded in your eye, go to the doctor's office or the ER immediately.

Success is No Accident!