



# SAFETY TAILGATE MEETING

Generated by Safety Compliance App [www.safetycompliance.com](http://www.safetycompliance.com) | [www.safetycomplianceapp.com](http://www.safetycomplianceapp.com)

Company	EKC	Project	Andres Rodriguez		
Date	June 17, 2024	Time	8:30 AM	Conductor	Andres Rodriguez

## EYE DAMAGE DUE TO SUNLIGHT

### INTRODUCTION

While the sun is essential for all life on Earth it also causes several health hazards for us. The UV light the sun emits can cause sunburn, skin cancer, suppression of the immune system, and damage to the eyes. In this safety talk, we will look at the dangers sunlight poses to our eyes and vision.

In this meeting, we will discuss

**(1) UV Light and Our Eyes**

**(2) Best Practices to Avoid Sunlight Damage to the Eyes**

**(3) Summary**

### UV LIGHT AND OUR EYES

The sun emits UV light and this light can be harmful to our eyes. There are several different eye diseases caused by UV light.

- Cataracts. A cataract is a cloudiness of the natural lenses of your eyes.
- Growths on the eyes. There are two types of growth on the eyes. Pinguecula and pterygium are growths on your eye's conjunctiva, the clear covering over the white part of the eye. Pinguecula is a growth that looks like a yellow spot or bump. Pterygium is a growth of fleshy tissue that can get large enough that it covers your cornea affecting your vision.
- Snow blindness is a painful eye condition caused by exposure to ultraviolet (UV) rays reflected from ice and snow, particularly at high elevations. Symptoms include blurry vision, swelling, and watery eyes.
- Cancer called ocular melanoma can result in part or directly from exposure to UV light.

## BEST PRACTICES TO AVOID SUNLIGHT DAMAGE TO THE EYES

- Avoid being out in excessively sunny conditions when possible, especially unprotected.
- Wear sunglasses that block 100% of UV rays. They should be marked if they do. Also the bigger the sunglasses the better for protecting your eyes.
- Wear a hat that blocks the sunlight from your eyes and face.
- Protect your eyes even on a cloudy day.

## SUMMARY

Our eyes are our portal to the world. Ensure you are protecting your eyes from the sun. Once you damage your vision you may never get it back.

### Group Discussion:

Does anyone know of anyone who has damage to their eyes due to exposure to UV light?

---

#### Attendees Names

Andres Rodriguez

#### Attendees Signatures

N/A

---

## CONDUCTOR SIGNATURE

A handwritten signature in black ink, consisting of several fluid, overlapping strokes that are difficult to decipher as specific letters.

Copyright ©2018 Safety Compliance Company. All rights reserved. This document is intended as a safety tailgate meeting and does not contain all OSHA regulations. Please refer to OSHA and other state and federal agencies for further and current regulations. Not to be duplicated or distributed for use without the express written consent of Safety Compliance Company