**Create the Opening**

Create the Opening. Hold both arms straight out to the sides, making a letter T. Make 10 slow backward circles with your hands, starting small and finishing with large circles, using your entire arm.

Shake your arms out and repeat with 10 forward circles again starting small and getting larger.

**Triangle Pose**

- Take a wide stance, left toes toward the back, right toes turned in from perpendicular.
- Shift your hips back, then lower your torso over your front leg, placing your left hand on your leg (or if you are very flexible to just in front of) your left foot. Don’t ever put your hand on your knee—go above or below it.
- Hold for a count of 10, making sure to keep both quads tight.
- Come back to a standing position.
- Repeat on the other side.

**Input**

- Chemical Burns
  - Flush the eye for at least 15 minutes. If you do not have immediate access to an eyewash station, the eye should be held open and flushed with the first available “drinkable” fluid, whether that is water, milk, juice or pop.
  - After flushing the eye, seek immediate medical attention.
  - Do not bandage the eye, as this will cause emergency medical personnel to waste time removing bandages.
  - People who wear contact lenses should not attempt to remove them. Begin flushing the eye, allowing the liquid to dislodge the lens gently.

- Cuts and punctures to the eye
  - Cover the eye lightly to protect it from dirt particles and see a doctor right away.
  - Do not flush the eye with any liquid. Flushing may remove fluids that maintain the eye’s structure and function.
  - Do not try to remove an object stuck in the eye, as this could cause even worse damage.

**Specks in the eye**

- Lift the upper eyelid outward and down over the lower eyelid.
- Let your tears wash out the speck or particle. If the speck does not wash out, keep eye closed, bandage it lightly and see a doctor as soon as possible.

**Choice**

Do you wear your eye protection regularly? Is your protection appropriate to your project? This is critical to eye safety.

**Now is the time to do the pre-task planning.**

**Support**

There are three things you can do to help prevent an eye injury

- Know the eye safety dangers at work-complete an eye hazard assessment
- Eliminate hazards before starting work. Use machine guarding, work screens, or other engineering controls)
- Use proper eye protection.

More than 2000 individuals suffer eye injuries on the job every day, according to Prevent Blindness America.