

# 2024 Total Solar Eclipse

Prepared by City of Syracuse Human Resources



On April 8<sup>th</sup>, 2024, New York State will be one of 11 states in the US that falls in the path of totality. A total solar eclipse is truly a once in a lifetime experience. Occurring in the same place only once every 400 years, New York State will be at the center of it all.

Working during the eclipse safely is important and may require extra planning and equipment.

Here are some important tips to stay safe during your shift:

## Protect Your Eyes

- NEVER look directly at the sun, sunglasses do not protect your eyes.
  - Exposure without appropriate protection can cause “eclipse blindness” which could be temporary or permanent.
  - Use certified eclipse glasses.

## Be Prepared

- Schedule work: Department Heads will work with their staff to allow employees who work outdoors to return to their worksites during the eclipse.
- Plan indoor work or administrative tasks during the time of the eclipse to reduce exposure to potential hazards.
- Protective your skin: ensure workers wear appropriate clothing that cover the skin to protect against sun exposure. Use sunscreen. The sun throughout the day can be very bright and can damage your skin, even in cooler temperatures or on a cloudy day.
- If you are working outdoors, be sure to protect yourself even if not actively viewing the solar event.
- Expect heavy traffic and crowds. Use 511NY for travel condition updates.



- Eye protection: do not to look directly at the Sun without proper eye protection
- Supervision: supervisors should monitor workers and ensure compliance with safety guidelines during the eclipse.
- Any discomfort, symptoms of eye strain or other health concerns related to the eclipse should be reported.

- Worksites should prepare for solar eclipses to prevent accidents and injuries as the sudden darkness can cause confusion and hazards in work environments. Awareness is essential to ensure employee well-being and minimize the risk of accidents.
- Always inspect your solar glasses before use; if scratched or damaged, discard them. Read and follow any instructions printed on or packaged with the glasses. Keep normal eyeglasses on, if normally worn, and place eclipse glasses over them.
- Do not look at the sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses – the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury.