Duke employees have suffered severe eye injuries when working with bungee cords (see example at left). In each case, the bungee cord was being used to secure items to a cart and, as the employee tried to attach the cord, it slipped and struck the employee in the eye. The employees missed days from work and suffered permanent eye damage. In another case, an employee’s hand was injured when a bungee cord slipped as a coworker was attaching it.

Eye doctors have seen numerous severe bungee cord-related eye injuries internationally, resulting in eye lacerations, bleeding within the eye, corneal abrasions, traumatic cataracts, loss or reduction of vision, and tearing or detachment of the retina. Some have appealed to manufacturers for better warning labels and altered designs, and recommend use of safety glasses when handling bungee cords.

Duke Departments are urged to replace bungee cords with low-stretch high-tensile straps, such as those shown at left.

If bungee cords are used, employees should wear safety glasses and handle the cords with caution. Users should make sure their face (and the faces of others in the area) are not in line with either end while it is being stretched to attach or detach. Overstretching should be avoided.