You're quite safe!

I've always been a little bit less cautious about things like that, although I do think eye safety is important. Especially when drilling and other things that might throw off debris. I'm just a typical dude that is not as diligent with safety precautions as I maybe should be.

One thing I've always done, though, is to protect my circuits, especially those with CMOS components. Those things poof so easily. Cold, dry winters are even more likely to kill 'em. So I always make sure I'm grounded when handling stuff with CMOS parts, either with a grounding wrist-strap or even old-school, just grabbing a ground chassis or whatever and holding for a few seconds before touching and during handling the chip or the board.