

# EYE PROTECTION

## IDENTIFY

We do so many jobs without protecting our eyes. Some of the eye hazards at worksites include:

- Flying dust and grit
- UV light from welding arcs
- Sparks and slag from welding and cutting
- Abrasives from sandblasting
- Chemical splash
- Pipe and wire sticking out of walls
- Ties and wire hanging from ceilings
- Sun and wind

We've all had dust and dirt in our eyes. Some of us have been hit in the eye by chips of wood, concrete, and stone. If these particles were a little bigger, or moving a little faster, they could cause damage that leaves us with limited eyesight, or none at all.

## COMMUNICATE AND CONTROL

You only have one pair of eyes — make them last a lifetime.

Wearing the right protection can prevent most eye injuries. The basic protection is a pair of safety glasses with side shields.

Take extra precautions in windy conditions or when doing jobs where eye injuries are more likely.

Look for the CSA logo on the frames, whether the glasses are prescription or non-prescription they must be CSA-approved.

For welding, eye protection must be marked with the shade number.

Follow the tips below:

- Don't wear contact lenses on site. Dust and other particles can get under the lens. If you must wear contact lenses for medical reasons, wear appropriate eye protection as well.
- Keep safety glasses on when wearing other protection, such as a welding helmet or face shield. Why? Because when you lift up the visor or shield, you may still be exposed to flying chips, dust, or other hazards.

- Match your eye protection to the hazard. Goggles that protect you from dust may not protect you from splash or radiation.
- Make sure your eyewear fits snugly.
- Clean dirty lenses with water or a lens-cleaning solution to float the dirt away instead of scratching it into the lenses.
- If an eye injury occurs, treat it right away. Get first aid for a minor injury or see a doctor for a more serious injury.
- Get your eyes checked every couple of years to make sure that problems haven't developed or gotten worse.
- Safety glasses should be protected from scratches and UV rays while not in use.
- Safety glasses should be stored away from windshields, as this will intensify the UV rays hitting the lenses and may cause them to fail with projectiles.

## FACTS AND TIPS

- Take a look at eye protection used by your company.
- Point out any cracked or broken frames and scratched or pitted lenses that should be replaced.
- Review company policy on providing and replacing eyewear.
- Review any special requirements for welding helmets, sandblasting hoods, face shields, etc.
- If you have an eyewash station on site, show the location and explain how to use it.

# THE QUIZ

1. Face shields should be worn without additional eye protection:

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

2. Name two eye hazards at a worksite:

- a) \_\_\_\_\_
- b) \_\_\_\_\_

3. Rubbing your eyes is a good way to remove foreign particles:

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

4. You only have to wear eye protection when you feel like it:

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

5. Both safety glasses and prescription glasses must meet CSA Standards:

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

6. If you are at risk for eye or face injury, you do not have to wear appropriate protection:

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

7. Contact lenses provide enough safety in a work environment, so you don't need safety glasses:

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

8. Eye protection should fit:

- a) Comfortably
- b) Loosely
- c) Snugly
- d) Tightly

9. Eye protection must be CSA-approved:

TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

10. What should you do if an eye injury occurs?

- a) Treat it right away
- b) See a doctor for a more serious injury
- c) Get first aid for a minor injury
- d) All of the above

ANSWERS:  
1. FALSE; 2. Chemical splash, UV light, hanging wire, and/or flying dust; 3. FALSE; 4. FALSE; 5. TRUE; 6. FALSE; 7. FALSE; 8. c; 9. TRUE; 10. d