

# Practice Safety for Perfect Safety

## Topic: Eye Protection

### What are you aiming for?

We have all heard the adage that practice makes perfect. If you want to be good at the piano you practice. If you want to be good at golf, you practice. The same is true for safety. If you want to be good in safety you must practice it. Let's look at how we can apply this to eye protection and the fundamental principles of good eye safety.



### Practice Pointers

Use it or lose it. There are many excuses we can give when caught without the appropriate eye protection, but none of them make any sense when we are dealing with an eye injury. We must have the mindset that nothing is so important that it cannot be done safely. The few seconds that it takes for us to perform a task is the same few seconds needed for an eye injury to occur. It is up to each of us to ensure that we and those around us are using the appropriate eye protection for the task at hand.

### Name several situations where you are tempted to work without eye protection.

One size fits all? Consider all the hazards of your work and be sure to choose the right eye protection for the job at hand. One form of eye protection is not good for all jobs. Sometimes a job may require more than one type of eye protection. Some types of eye protection you will want to consider include safety glasses, face shields, goggles, safety sun glasses and welding goggles or shields. Don't forget that eye hazards come in the forms of flying objects, dust, splashes, fumes and bright lights. Consider all of the hazards and use what is best.

### Name several different job hazards and the best eye protection for each.

What's going on here? Don't forget that it may not be what you are doing that injures your eyes, it may be what someone else is doing. What is happening around you is just as important. Remain aware of grinding, welding and chemical exposures in your work area or any area that you are traveling through. Don't take any chances with your quick stroll through the production or construction area. Keep your eyes safe, they cannot be replaced.

There are many ways that we can injure our eyes so let's take a few minutes to explore some common workplace hazards. While we will explore eye protection designed to protect you from these hazards, please be sure to follow your employers rules as well as discussing eye protection with your safety director. The protection discussed here may or may not address all the hazards at your work station. Please remember to verify that the eye protection you use is rated for the service. Not all face shields are rated for flying debris nor are they rated for all types of chemicals. Not all glasses are impact resistant nor do they all have sufficient side protection.

## *Eye Hazards*

### **Application Notes:**

#### ***Flying Debris:***

Flying debris can be found most anywhere. We see it in wood chips from a circular saw, ricocheting nails when hammering, and sparks from grinders. Around the house we see it from weed eaters, lawnmowers and power tools. Production and construction environments can introduce additional eye hazards with moving machines and protruding objects.



**What types of flying debris hazards are in your work area?**

#### ***Airborne Dust and Particles:***

We tend to think that dust and small particles are just a part of life until they create a major eye irritation or corneal abrasion. Eye injuries can range from minor to catastrophic. There is no reason to accept any more risk than required. Goggles or foam seals around safety glasses go a long way to eliminating this hazard and the potential physical impact.

#### ***Splashes and Fumes:***

Just about any time we work around hazardous substances we can be impacted by splashes or fumes. It is not uncommon for people to think that splash back is unlikely and neglect to use their goggles. We need to get out of the mindset of controlling the risk and get into the mindset of controlling the hazard. The



next time you are working around hazardous chemicals, protect yourself from the chemical and not from the perceived risk. We also need to remember that contact lenses can trap chemicals in your eye and magnify the damage. Never wear contacts around chemicals or fumes. This is good advice to follow around the house as well.

#### ***Flash Burns:***

Flash burns are very painful yet 100% avoidable. This injury occurs when eyes are exposed to bright lights like welding arcs, cutting torches or lasers. Keep in mind that it is not just looking directly into these light sources that can hurt you. It is possible to get flash burns from reflected light off glass, mirrors or polished metal surfaces.

**Don't lose sight of keeping your sight.  
Practice what you have learned**

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# Safety Meeting Attendance

Subject: Eye Protection

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_

**Instruction Notes:** Bring in different types of eye protection and discuss the particular hazards they address.

**Follow-up Action Items:** \_\_\_\_\_

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