

Location \_\_\_\_\_ Trainer \_\_\_\_\_ Date \_\_\_\_\_

## EYE PROTECTION IS A MUST

Every workplace has its share of eye hazards, and it's foolish not to protect yourself from them. An injury which might be minor if inflicted elsewhere can be catastrophic when it happens to your eyes. If you always wear your eye protection you can be sure you'll still be going on that fishing trip next weekend or in the next company golf tournament.

If you occasionally choose not to wear eye protection - ask yourself, "what am I really gaining by not wearing it?" You may not be gaining anything. But you do have a lot to lose if you choose not to wear your eye protection! Here are some of the potential dangers your eyes face in many typical workplaces:

- airborne particles
- harmful vapors
- molten material
- chemical splashes
- harmful light rays, such as those from welding operations and lasers
- heat illness
- blows or cuts

The type of eye protection that you should wear will vary. The basic types of eye protection include:

- safety glasses
- goggles
- filtered lenses
- laser goggles
- hoods and helmets
- face shields

In some cases it is recommended you wear combinations of safety eyewear. Examples are goggles and safety glasses, or safety glasses plus a face shield. A welder wears a helmet because he needs a shield from sparks and radiation, plus shaded safety glasses with side shields to protect him when he is chipping and cleaning. There are many other variables and combinations of eye protection. This will depend on the particular task and the conditions in which it is being performed.

It is important not to substitute street glasses for safety eyewear. Street glasses do not offer anywhere near the same protection. Even safety glasses can break or shatter under certain conditions, but wearing them will certainly reduce your odds against a serious eye injury. The basic type of safety eyewear which is recommended by the National Society for the Prevention of Blindness is "safety glasses with side shields." These are also available with prescription lenses.

Fit is very important! If your glasses tend to slip down your nose, your eyes are at risk from objects that could strike from above. If their fit is too small or uncomfortable, you are likely to take them off when they should not be removed. You shouldn't have to sacrifice the comfort of your nose and your ears to protect your eyes.

There once was a time when all you could purchase was “one size fits all, Buddy Holly type safety glasses.” But that’s no longer the case. If you need a pair of lightweight, odd size, neon green glasses, they are available! When safety eyewear fits comfortably and also looks good, there’s no reason not to wear it!

There is no part of a shop or plant where your eyes are safe without eye protection. Anyone going from an office area to a shop or plant area must always wear eye protection - even if it’s just for a few minutes. It doesn’t matter if you are a plant manager, a machinist or a mail person; the fact that you are just passing through is no excuse! Visitors’ glasses should always be available - and we should insist that they be worn by everyone before entering a restricted area.

Safety eyewear will protect you from many hazards, but remember, they won’t do any good in your pocket. Put them on before an eye hazard flies your way.