

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

## PROTECTING THE EYE

Nature has tried to protect the eyes from injury by providing us with a number of built-in devices:

- Eyelashes catch dust and light particles before they can blow into the eyes.
- Eyebrows cushion light blows and catch falling particles before they reach the eyes.
- Tearducts lubricate the eyes and wash away any foreign substances that get on the eyeballs.
- Pupils contract to protect the eyes from bright sunlight.
- Usually these natural defenses protect the eyes from minor injuries, but are not sufficient to protect them against the wide variety of heavy exposures in industry.
- The eyes need extra protection against:
- Foreign substances such as chips and grinding particles which cause cuts and puncture wounds.
- Splashes of hot metal which burn and scar the eyeball.
- Caustic and corrosive substances such as acids, plating solutions, and lime which burn and scar the eyeball.
- The thousands of eye injuries each year due to these causes prove you cannot rely on natural defenses alone to protect your vision.
- The use of safety glasses is one of the easiest and surest ways to protect the eyes and avoid loss of sight. Ordinary glasses do not provide this protection because they shatter into piercing slivers upon impact.
- Contact lenses do not provide protection because they do not completely cover the eyeball. A small foreign body may become lodged beneath the lens and injure the cornea. Or a chemical may splash into the eye and become trapped before the lens can be removed and the eye thoroughly flushed.
- The lenses in all approved safety glasses are specially treated and mounted, and meet the specifications for impact established by the American Standards Association.
- Special protection such as face shields, helmets, or chemical goggles may be needed for special exposures, but the best protection for general exposure is ordinary safety glasses, which can be ground to your prescription if you require corrective lenses. They protect your eyes and will save your sight - if you wear them. They offer no protection in your back pocket, your locker, or your tool box.