Eye Protection – Seeing is Believing Meeting Kit



The type of eye protection—safety glasses, goggles, face shields, or helmets—must meet the requirements of the Occupational Safety and Health Administration (OSHA) and the American National Standards Institute (ANSI).

TYPES OF EYE PROTECTION

Basic Safety Glasses. A pair of basic safety glasses provides protection when there is potential for particles to enter the eye from the front. Safety lenses in regular eyeglass frames are not considered suitable safety glasses. Most basic safety glasses do not provide side protection, but side protection is available on some safety glasses through either permanent or detachable side shields to protect the eye from above, below and on the sides. When choosing safety glasses with side protection, make sure that the sides do not interfere with your peripheral vision.

Prescription Safety Glasses. Prescription safety glasses are made of either plastic or metal and are available in both bifocals and tinted lenses. Use caution when choosing tinted lenses because these lenses take time for the tinting to disappear which can be hazardous when frequently going between inside and outside work areas. Choose tint lenses when activities may include bright flashes of light.

Goggles. Goggles provide inexpensive protection from all angles because they fit snugly around the eyes. This type of eye protection is especially good for jobs such as chainsaw operation, grinding, and riveting. Goggles are especially useful because they typically fit over most prescription eyeglasses and are usually ventilated with an anti-fog solution. Two of the most common models of goggles are eyecup or wire mesh. If working around chemicals, choose goggles with off-set ventilation ports.

Face Shields. Face shields are secondary protection and must be worn in conjunction with either glasses or goggles. This type of eye protection is especially designed to protect the user from heat, glare, and flying objects. Face shields can be attached to hard hats for those jobs that also require head protection.

Welding Helmets and Goggles. A welding helmet is equipped with special filtering lenses that protect the eyes from the strong ultraviolet and infrared rays that can permanently damage eyes and cause blindness. Welding goggles have various filter lens shades to protect against sparks, rays, and flying particles. Talk with your local dealer to determine the filter lens shade that you need for the various types of welding. Stationary or lift-front lenses are available for both welding helmets and goggles.

TRAIN WORKERS IN USE OF SAFETY EQUIPMENT – OSHA MANDATES

- Read the instructions on protecting eyes that appear on labels and material safety data sheets.
- Make sure eye protection fits and protects against the specific hazards of the job.
- Check that eyewear provides front and side protection to prevent hazards from getting under or around the protector.
- Wear goggles under face shields. Shields and welding helmets alone do not provide complete eye protection.
- Make sure you understand when to wear the eye protection and how to properly use it and adjust it.
- If you have contact lenses, do not wear them in areas where there is a chance that foreign matter could enter your eyes. Specks of dust and even liquids can become lodged under contacts.
- Keep safety glasses or other eye protectors clean and in good condition.

BEST EYE SAFETY CHECKLIST

Create a safe work environment

- Minimize hazards from falling or unstable debris
- Make sure that tools work and safety features (machine guards) are in place
- Make sure that workers (particularly volunteers) know how to use tools properly
- Keep bystanders out of the hazard area

Evaluate safety hazards

- Identify the primary hazards at the site
- Identify hazards posed by nearby workers, large machinery, and falling/shifting material/objects

Wear the proper eye and face protection

- Select the appropriate eye protection for the hazard
- Make sure the eye protection is in good condition
- Make sure the eye protection fits and will stay in place

Use good work practices

- Caution—Brush, shake, or vacuum dust and debris from hardhats, hair, forehead, or the top of the eye protection before removing the protection
- Do not rub eyes with dirty hands or clothing
- Clean eyewear regularly

Making It Fit

- Protective eyewear should fit comfortably, but securely
- Goggles should fit with the center of the lens in front of the eyes
- Adjust straps so goggles fit snuggly against the bridge of the nose and place them low on the back of the head for good fit
- Spectacle sidepieces should touch the side of the head and curl behind the ears

FINAL WORD

Envision being unable to see out of both your eyes. Then envision not being able to see at all. Now, are you serious about taking all the precautions and steps to protect your eyesight at your workplace?