Prevent Eye Injuries

Eyes are one of the most vulnerable parts of the body. They are susceptible to all kinds of injuries in the workplace if they are not properly protected.

- You can receive burns to your eyes by being splashed or sprayed with organic solvents, certain metals and acidic or alkaline substances.
- Particles, dust and chips can penetrate your eyes.
- Your eyes can be punctured by sharp objects and splinters or struck by blunt objects.
- Extreme heat, chemical or gaseous fumes or mists in the air can damage eyes.
- Eye injuries can occur from exposure to ultraviolet light, infrared rays, ionizing radiation, microwaves and lasers.

Often you know immediately that you have injured your eyes because of immediate pain. In other instances, however, you feel nothing, and the loss of vision is gradual.

Many of these injuries can be prevented by wearing the right kind of protective eyewear. Whether it's safety glasses, goggles, face shields, hoods or welding helmets, your job and the workplace hazards you deal with will determine your best choice.

Become familiar with the different kinds of lenses available. Continually being developed and improved according to new technology, they protect against all kinds of hazards. Some lenses are made of material that will resist scratches, impact, heat and fogging. Others protect against infrared or ultraviolet rays, as well as radiation. You can obtain lenses in prescription or non-prescription form.

The lenses of your safety eyewear should be precisely what you need for your job. They should offer you clear vision and should not fog up. Scratched or broken lenses should be replaced immediately. Use anti-fogging products when necessary, and keep your lenses clean.

Whatever safety eyewear you choose, make sure you have it custom-fitted so it is snug, yet comfortable. You don't want it to slip off too easily, and you don't want it so tight it causes headaches.

There is much you can do in the workplace to prevent eye injuries. Splashes by harmful liquids can be controlled to a certain degree with guards and screens. Airborne particles can be somewhat prevented with the use of screens, exhaust systems and dust extractors.

There should be eyewash stations installed throughout the workplace. Learn how to use them properly—and use them immediately when something gets in your eyes.

Protect your eyes in the workplace and ensure you never end up "in the dark".

QUIZ

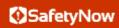
1.	Which of the following could burn your eyes?a. Organic solvents and certain metals.b. Acidic or alkaline substancesc. Any of the above		
2.	Extreme heat, chemical or gaseous fumes or mists in the air can damage eyes. o True o False		
3.	Exposure to ultraviolet light, infrared rays, ionizing radiation, microwaves or lasers can injure eyes. o True o False		
4.	Your eyes may be injured although you feel nothing, and loss of vision could be gradual. o True o False		
5.	Wearing the right kind of protective eyewear may prevent many injuries. o True o False		
6.	Some lenses are made of material that resists scratches, impact, heat and fogging. o True o False		
7.	Safety eyewear is available only with non-prescription lenses. o True o False		
8.	Safety eyewear should always be fitted very tightly. o True o False		
9.	Splashes by harmful liquids can be controlled to a certain degree with guards and screens. o True o False		
10.	There should be installed		

throughout the workplace.

BEFORE THE TALK - TIPS	AFTER THE TALK- CHECKLIST
 Refer to the "Tips For Safety Talks!" for ideas on planning this safety meeting. Read through the article ahead of time to help you with your presentation. Add further questions to those we have provided at the end of this talk. Discuss the ways in which workers can suffer eye injuries if they aren't wearing the proper protective gear. Bring samples of protective eyewear to the meeting and let workers fit-test them for comfort. Take a tour of the worksite and point out where all the eyewash stations are located. Make sure your workers know how to use them properly. Ask workers what they do to prevent eye injuries on the job. 	PROVIDED FOLLOW-UP TO WORKERS THAT DID POORLY ON THE QUIZ NAME:
NOTES	

ANSWERS:

1. c 2. True 3. True 4. True 5. True 6. True 7. False 8. False 9. True 10. Eyewash stations



ATTENDANCE				
INSTRUCTOR:	DATE:			
SAFETY TALK:				