

# **3 - Eye Protection: Safety Training**

EH&S – [REDACTED]

## **Goals: This safety session should teach you to:**

- A. Understand which hazards require eye protection.
- B. Know how to select, use, and maintain eye protection correctly.

## **OSHA Regulations: 29 CFR 1910.133**

### **1. Personal Protective Equipment (PPE) Protects You from Workplace Hazards**

- A. OSHA requires employers to identify when workers need PPE as protection and:
  - 1. Select PPE that will protect employees from identified hazards
  - 2. Train employees to know when and how to select, use, and care for the PPE

### **2. Eyes Need Protection from a Variety of Workplace Hazards**

- A. They include:
  - 1. Flying objects such as wood, metal, plastic, stone fragments, and sparks
  - 2. Splashes from chemicals, including acids and corrosives, and molten metal
  - 3. Swinging objects like ropes and chains
  - 4. Electrical arcs and sparks
  - 5. Dust, fumes, mists, gases, and vapors
  - 6. Radiant energy from welding, cutting, and ultraviolet or infrared light

### **3. Choose Eyewear That Protects Against the Greatest Possible Hazard Level**

- A. Flying fragments, objects, chips, or particles: Safety spectacles with side protection or goggles with side protection.
  - 1. OSHA requires side protection against flying objects.
- B. Chemical splashes: Safety goggles.
- C. Dust, fumes, mists, gases, and vapors: Tight-fitting chemical goggles (vents at top are off set) or face shields over industrial safety glasses.
- D. Hot sparks or splashes: Goggles or spectacles with side protection.
- E. Radiant energy: Welding goggles with special lenses to filter out the harmful light or radiation.
- F. Any very serious eye hazard: Face shield over safety spectacles or goggles.
- G. Electrical exposure: Don't wear metal eyewear, which could conduct electricity.
- H. Bloodborne hazards: As required by particular hazard.

### **4. Protective Eyewear Should Fit Well**

- A. Spectacles should fit like other glasses.
- B. Goggles should fit with the bridge on your nose, and the center of the lens in front of your eye.
  - 1. Adjust straps and place them low on the back of the head for a good fit.

## **5. Combine Protection With Prescription**

- A. If you wear prescription eyewear and need eye protection, you must use either:
  - 1. Protective eyewear that has the prescription
  - 2. Safety goggles over prescription glasses
- B. You should not wear contact lenses in areas with dust and/or chemicals.

## **6. Inspect Eye Protection Daily to Assure It's in Good Condition**

- A. Replace knotted, twisted, worn, or stretched out goggle straps.
- B. Replace eyewear that has lenses too pitted, scratched, etc. to see through.
- C. If lenses fog up, use lens defogging solution

## **7. Give Eye Protection Equipment Good Care**

- A. Clean lenses after every use with soap or mild detergent and water or special solution designed for that purpose.
- B. Disinfect eyewear if it's contaminated by a hazardous chemical, or if it may be worn by another person.
- C. Store clean eyewear in a closed container protected from dust, moisture, or damage.

## **8. Act Quickly If Your Eye Is Splashed or Injured**

- A. Chemical splash: Flush with water for at least 15 minutes; then see a doctor. (Note: In some cases an emergency eye fountain is required.)
- B. Particle in the eye: Blink to try to get it out. If you can't, close and cover the eye and see a doctor.
- C. Object hitting the eye: See a doctor immediately.

## **Summation: Always Give Eyes the Highest Possible Level of Protection**

The right PPE will give your eyes the greatest protection against all possible hazards.  
Inspect and maintain this PPE to prevent damage to your eyes.