

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.