**Objective:** To provide an overview of potential eye hazards and safe practices for using eye protection.

Most work-related eye injuries are a result of flying or falling objects or sparks striking the eye. The appropriate level of eye protection needed for a task is determined by a job hazard assessment performed before work begins.

**Common Hazards that Require Eye Protection**

Workplace hazards that could cause eye injuries include:

* Fumes
* Vapors
* Chemical splashes
* ****Extremely bright or hazardous light, such as from welding
* Flying particles, dust, or debris
* Sparks
* Glare

**Common Types of Eye Protection**

A job hazard assessment performed prior to the start of a particular task will determine the type of eye protection required.

**Safety glasses** are a common form of protection against low-to-moderate impacts and sparks from activities such as grinding and woodworking. Only use safety glasses with side shields. Look for an American National Standards Institute (ANSI) Z87 rating on the glasses — depending on the type of glasses you need, there may be additional markings with the Z87 rating.

*Welding helmets have filtered shaded lenses to protect the user from intense light and radiant energy.*

**Goggles** form a protective seal around the eye area to better protect from hazardous chemical vapors, splashes, dust, or other small particles that may enter the eye. Some goggles include ventilation mechanisms to prevent fogging.

**Face shields** provide protection for the entire face against flying particles, sparks, splashes, harmful mists, and other hazards. Face shields should be used in combination with safety glasses and goggles to protect the user’s eyes.

**Welding masks** are specially designed to protect from radiant energy, sparks, and metal splatters from welding.

**Getting the Right Fit**

If your eye protection doesn’t fit, your eyes won’t be protected. Everyone’s eye size, nose bridges, and temple lengths vary.

* Have your safety glasses fitted and assigned to you based on your facial features.
* The stems of your glasses should fit comfortably over your ears and around your temples.
* The frame should be as close to your face as possible, held up at the base of the bridge of your nose.

***Remember:*** *If you wear prescription eyewear, use eye protection that accommodates it. Prescription eyewear by itself is not a substitute for safety glasses or goggles.*

**Common Lens Tints**

Depending on the type of work you perform, it may be beneficial to have safety glasses with tint. Below are some options for tint. **Note*:***Grey and black models intended for use in welding or cutting activities must be specifically rated with the minimum protective shade approved for planned activities.

|  |  |
| --- | --- |
| **Lens Tint** | **Applications** |
| **Clear** | * Allows the most visible light to pass through * Gives excellent protection both indoors and outdoors in adequate visibility |
| **Mirrored** | * Reduces glare in outdoor settings |
| **Yellow and** **amber** | * Blocks out dark colors and increases the amount of visible light across the lens * Works well in low-light conditions, such as overcast conditions, early morning, or evening |
| **Gray and** **black**\* | * Provides protection from UV radiation and glare * Functions optimally when working outdoors in daylight |

**Maintenance and Care**

Keep in mind that different types of eyewear have different care instructions. Read the manufacturer’s instructions so that you know what to do.

* Handle protective eyewear equipment carefully. To prevent your lenses from scratching, take care when setting your glasses down and store them properly.
* If a scratch on a lens becomes noticeable, replace the lens or the glasses. Also, replace damaged, broken, bent, or ill-fitting glasses.
* If you replace a damaged part, use an identical part from the manufacturer to maintain the safety rating.
* Clean your eyewear correctly. Only wipe the lenses when they’re wet. Use water and a soft, absorbent cloth to dry them off. Don’t use your shirt to clean or dry your glasses; it may hold dirt that will create scratches.

*You may need a few different types of eye protection to keep yourself protected from the various workplace hazards.*

**Safety Equipment Best Practices**

Eye protection is critical in conjunction with other PPE to keep the user safe at work.

* Always wear proper eye protection where required, even if danger to your eyes seems remote.
* Before use, verify that your equipment is appropriate for the task.
* Inspect eye protection prior to each use.
* When welding or cutting, always wear safety glasses or goggles underneath face shields or welding helmets.
* When your work is complete, store eye protection properly and away from extreme temperatures or direct sunlight.

This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving training on the abovementioned subject. They understand that this training was only a general overview of the subject and that they should contact their supervisor with any questions or concerns.

**Organization:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Trainer:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Trainer’s Signature**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Class Participants:**

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