

## Things to Do Before Training

- Have the eye protection your company uses such as safety glasses, safety goggles, and face shield ready to show to workers.
- Be prepared to talk about jobs on the project where eye protection should be worn.
- Know the company policy on the provision, storage, and replacement of safety eyewear.
- In the index of the *Cal/OSHA Pocket Guide for the Construction Industry*, look up **Eye Protection** and read the pages listed.

## Introduction

No one has to tell us that seeing is important. But it's surprising how many jobs we do without protecting our eyes.

We've all had dust and dirt in our eyes. Some of us have been hit in the eye by chips of wood, concrete, or stone.

A little bigger, a little faster – these particles can leave us with limited sight or none at all.

1,000 U.S. workers suffer eye injuries each day.

Eye protection is the answer. Sure, you may have problems getting used to it at first. But eye protection can keep you from losing your sight and your job.



## QUESTIONS TO ASK

- Have you or someone you know had an eye injury on the job? What happened?
- What are some examples of eye hazards on this job?
- What eye protection do you think we need for this job?
- How can we improve the use of eye protection?

# SAFETY BREAK

## ACTION TO TAKE

- Have everyone tell what they are doing on the job. Decide what type of eye protection is needed. If it is needed, have them use it.

**NOTE:** It's a good idea to have everyone wear eye protection at all times while working.

## Key Points to Keep in Mind

- Eye protection is required when there is a risk of eye injury from flying particles, injurious chemicals, or harmful light rays.
- Basic protection is safety glasses with sideshields.** If you wear glasses already, then you can get prescription safety glasses with sideshields.
- If working in a bright, sunny environment, the **safety glasses should provide ultraviolet (UV) protection.**
- Employers are responsible for supplying eye protection.
- If your glasses are fitted properly, **your sight should not be blurry or distorted.**
- You should **keep your glasses on even when you wear other protection** such as a welding helmet or face shield. Why? Because when you lift up the visor or shield you may still be exposed to flying chips, dust, or other hazards.
- Some jobs require more than safety glasses** with sideshields. Remember – we always have to match the protection to the hazard.
- Get your eyes checked every couple of years** to make sure that no problems have developed or gotten worse.
- We've only got one pair of eyes. It pays to protect them. **Let's make them last a lifetime.**

