

PROTECT YOUR EYES WISELY

This topic was created to aid you with your regular scheduled safety meetings. This topic was designed to be presented in 5 to 10 minutes with a minimum of preparation. Remember to fill in the documentation section on the reverse side.

Everyone has good reason to protect his or her eyes. The consequences are obvious and often permanent. Yet every day, at home or at work people fail to protect their eyesight, and injury occurs. Whether serious or not, an eye injury creates an inconvenience to the individual and can keep them off the job. In more serious cases the injury may cost the individual his or her eyesight and they may never be able to work or do many of the things that they enjoy the most.

Cal/OSHA regulations require employers to provide eye protection (and employees to wear it) where there is a reasonable probability of injury that can be prevented by such equipment. Design requirements for eye protection equipment are outlined in an ANSI (American National Standards Institute) standard. Glasses certified to meet this standard are stamped with the Z87.1 notation.

Safety glasses should be reasonably comfortable for the wearer and should fit snugly without interfering with the movements of the worker. They must be capable of being cleaned and disinfected. Individuals who require corrective lenses must either wear goggles or glasses with the correction built in or wear goggles over their normal glasses. In every case acceptable protection is mandatory.

Despite all that is known regarding the need to protect our eyes, people frequently neglect to do so. People fail at work, and at home, too. The need to protect yourself at home is just as significant as it is at work. It doesn't matter where you get injured; an injury to your eyes is serious. It is usually avoidable, too.

Sometimes you hear people talk about how a worker got injured even though they were wearing eye protection. While it may be possible to suffer such an injury when wearing eye protection you are much more likely to prevent one from occurring. Your best bet is to wear eye protection when the job or task requires it. If you are unsure of eye protection requirements, ask your supervisor. Don't wait for an injury to occur.

SAFETY REMINDER:

Protect your eyes; they are the only two you have.