

Training Module: Personal Eye Protection

Objective: To learn the proper use and care of eye protection.

Trainer's Note: Most eye damage is permanent therefore, eye protection is vital in hazardous situations. There are a variety of protective devices available for the eyes. Show workers examples of eye protective wear and discuss how and when to use each piece. Let workers examine and try on the eye gear.

Background

Shatterproof safety glasses, safety goggles, and face shields offer eye and face protection and yet provide for clear vision. Many eye protectors also have side shields and/or filter lenses. Side shields offer protection from flying objects. Filter lenses provide protection from radiation such as is encountered in welding. Not all flying objects (i.e. high velocity items) will be stopped by wearing eye protection.

As of July 5, 1994, all glasses must meet the minimum standards set forth by the American National Standards Institute. Approved lenses are marked by the manufacturer. "Z87" will be on all other major components.

Prescription glasses wearers should wear protective eye wear that either incorporates the prescription lenses or fits comfortably over prescription glasses without disturbing the fit.



Inspect Protective Eye wear

- The arm pieces on safety glasses should touch the side of the head and curl behind the ears.
- Goggle lenses should be centered and the strap should rest low on the back of the head.
- Flexible elastic headbands must be in good shape.
- Discard pitted or scratched eye wear. Eye wear should be clean and defogged.
- Protective eye wear should fit snugly and be reasonably comfortable under conditions of use.

Keep Protective Eye Wear Clean

- Clean the lenses thoroughly with soap and water.
- Disinfect eye wear that has been exposed to a hazardous substance or worn by someone else.
- Store clean eye wear in a closed, dustproof case.

To protect the eyes, follow these safety tips:

- Wear goggles or a face shield around flying chips or particles, electrical arcing or sparks, chemical gases or vapors, harmful light, liquid chemicals, acids, or caustics, molten metal, dusts, or swinging objects like ropes or chains.
- Turn containers away from the face when opening.
- Remove protective eye wear only after turning off the tool.
- Outdated or scratched prescription lenses can distort vision.
- Replace cracked, pitted or damaged goggles or spectacles.
- Concentrate on task at hand when using power tools.
- Stop and relax the eyes if they are becoming strained.
- Keep sharp or pointed objects away from the face and eyes.
- Be certain that protective eye wear is approved protection against the hazard for which it is being used.
- If filter lenses are used, be certain that the filter lens is of a shade number appropriate for the type of work.
- Check with suppliers for most appropriate types of eye protection for the hazard.

Cover The Following Points

- Tools should be turned off before removing goggles.
- Inspect eye wear before wearing.
- Spectacles must comply with the minimum requirements of the American National Standards Institute.
- Store eye wear in a clean-dustproof case.

True and False Answer Key

1. F, 2. T, 3. F, 4. T, 5. F

True or False

Name _____

- | | | |
|--|---|---|
| 1. Elastic headbands may be worn twisted or knotted. | T | F |
| 2. Tools should be turned off before removing goggles. | T | F |
| 3. Eye protection should be inspected once a year. | T | F |
| 4. Protective eye wear needs to be worn with glasses. | T | F |
| 5. It is acceptable to wear cracked, pitted, or damaged goggles when working in the farm shop. | T | F |