





Eye Protection



Eye injuries from dust and particles, welding light, and chemicals are common on jobsites. Often workers wear the wrong eye protection or none at all. Although some eye injuries are minor, even a simple scratch from wood, cement, or drywall dust can cause lasting pain. Metal slivers from a grinding wheel, or rebounding nails from routine hammering and carpentry can puncture the eye and lead to vision loss. Welding light can cause “welders’ flash” that burns eyes and surrounding tissue. Nearby workers and bystanders are also at risk. Work-related eye injuries can have life-long consequences.

William’s Story

William was working on a project, hand-grinding a small section of a cement floor. Since it was a quick project, he did not put on his safety glasses. William was finishing up the job when he felt a sharp pain in his right eye.

-  **What should William have done?**
-  **Have you or someone you know suffered a work-related eye injury? If so, what happened?**

Remember This

- Identify the eye hazards before you start work.
- **Always** wear the correct eye protection for those hazards.
- Safety glasses help protect against particles and dust. Look for “Z87+” on the frame or lenses as an indicator of impact protection.
- Use vented goggles for caustic dust, such as cement dust, and non-vented goggles for chemicals.
- Use face shields with safety glasses or goggles for protection from flying objects or chemical splashes.
- When welding, use a welding helmet or goggles with the correct lens shade for the job (shade 10–14 for arc welding; 4–8 for gas welding; and 3–6 for torch brazing). Welders’ helpers and bystanders also need UV protection.
- Take care of your eye protection. Replace it when damaged.
- If injured, **do not** rub your eyes. For dust, small particles, or chemicals, use the eyewash station. Rinse with clean water for at least 15 to 20 minutes.
- For cuts, punctures, and objects in the eyes, **seek medical attention; do not** wash out your eyes or try to remove objects yourself.

How can we stay safe today?

What will we do at the worksite to prevent eye injuries?

1. _____

2. _____

OSHA Regulation: 1926.102

Eye Protection



- ✘ Make sure your safety eyewear has “Z87+” marked on the frame or a lens, indicating its impact resistance.
- ✘ Wear the correct eye protection for the hazard present.
- ✘ If dust, small particles, or chemicals get in your eye, use the eye wash station. Rinse with clean water for at least 15 to 20 minutes.
- ✘ For cuts, punctures, and objects in your eyes, **seek medical attention**. DO NOT wash out your eyes or try to remove the object yourself.