

# Eye Protection

Toolbox Talk #13



## Why Wear Eye Protection?

In the United States alone, there are over 2,000 workplace eye injuries daily. Majority of these incidents could've been prevented with basic eye protection. Some employees around the United States don't feel the need to wear protective eye equipment because nothing has ever happened to them in the past when they didn't wear the equipment. Yet, all it takes is one incident to occur when you're not wearing protective eye equipment and you could be left with impaired vision or no vision at all. Furthermore, all eye injuries aren't debris falling in your eye, some injuries could slowly damage your eye. For example, if a welder is not wearing proper eye protection while welding they could potentially suffer from a UV radiation burn. Another example could be an employee suffering from computer vision syndrome, which is a result of looking at a computer or phone screen for long durations. Your eyes are one of your most important tools, so you should do whatever you can to protect them!

## Are You Using the Proper Eye Protection?

- **Safety spectacles** - These have impact resistant lenses, and usually have metal or plastic frames
- **Goggles** - These are tight on the face and provide protection from impact, dust and splashes. Some goggles will fit over corrective lenses.
- **Welding shields** - These protect eyes from burns caused by infrared or intense radiant light; they also protect your eyes and face from flying sparks, metal spatter, brazing, soldering and cutting operations.
- **Laser safety goggles** - These specialty goggles protect against intense concentrations of light produced by lasers. The type of laser safety goggles an employer chooses will depend upon the equipment and operating conditions in the workplace.
- **Face shields** - Face shields protect against nuisance dusts and potential splashes or sprays of hazardous liquids but will not provide adequate protection against impact hazards. Face shields used in combination with goggles or safety spectacles will provide additional protection against impact hazards.



Information retrieved from [www.osha.gov](http://www.osha.gov)

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