

# Save Your Sight

Eye protection is the most important protective gear you can wear. If you're not wearing safety glasses or goggles on the job, you're risking permanent eye damage and blindness. Think about all the work activities you may do each day that can cause eye injury: grinding, sanding, brushing, sawing, drilling, buffing, hammering, cutting, welding and working with chemicals. A speck of dust flying from a power sander, traveling at the speed of a bullet, can severely and permanently injure your eye.

## SAFETY GLASSES

If your job involves hazards from dust, flying objects or particles that may strike you from in front, you should be using safety glasses. They may look similar to normal street-wear glasses, but they're made of much stronger lenses. The lenses of safety glasses are specifically designed to be impact resistant, and the frames are built to keep the lenses from being pushed into your eyes. You can't get this kind of protection from regular prescription glasses.



### Types of Safety Glasses

- ▶ All safety glasses must meet the American National Standards Institute (ANSI) standards for strength and heat resistance. Look for the "ANSI Z87" imprint on the frames of your safety glasses.
- ▶ Some safety glasses have side shields to provide protection for the sides of your eyes.
- ▶ Eye-cup side shields curve around your eye area providing protection for the front, side, top and bottom of your eyes.
- ▶ For high-impact protection, choose lenses of plastic or polycarbonate, the most impact-resistant material used.
- ▶ Glass lenses protect against scratches from dust and grit better than other lenses.

## SAFETY GOGGLES



Safety goggles offer effective protection from impact, flying particles coming from many different directions, fumes, vapors, dust and chemical splashes. For this reason, safety goggles should be worn when grinding, chipping, riveting and working with wood, chemicals and fumes.

Safety goggles are surrounded by a shield that fits snugly on your face all the way around your eyes. Because of their snug fit, the shields of standard safety goggles have ventilation holes to keep them from fogging up. Some goggles have hooded or indirect ventilation openings to keep out thick hazardous dust, chemical splashes or molten materials. There are many special types of safety goggles designed for specific jobs. Ask your supervisor which type of goggles your job requires.

### Types of Safety Goggles

- ▶ wire-screen goggles with wire-mesh lenses instead of glass or plastic
- ▶ respirator goggles with a high nose bridge so they can fit with a half-mask respirator
- ▶ rubber-frame goggles to protect from fast-moving, fine dust
- ▶ visor goggles to shade from overhead lights and protect from falling particles
- ▶ splash goggles with no ventilation, to protect against chemical splashes and hazardous mists and dusts
- ▶ tinted goggles to reduce glare from bright lights or molten materials

## CARE AND USE OF YOUR SAFETY EYEWEAR

- ▶ Use the right eyewear for your job.
- ▶ If you find your eye protection uncomfortable, try a different size or style.
- ▶ Remember to regularly inspect your eye protection equipment for wear and damage, such as scratches and cracks.
- ▶ Never wear worn, damaged or otherwise defective equipment.
- ▶ Keep your equipment clean according to the manufacturer's instructions and store it in a clean, dry place.
- ▶ You may need to wear a headband or strap with safety glasses to keep them from falling off.
- ▶ If you wear prescription glasses, use special goggles to fit over them, or get safety glasses with your prescription.
- ▶ Make sure your goggles fit snugly but comfortably around the bridge of your nose, cheeks, temples and forehead.
- ▶ If you wear contact lenses, let your supervisor know. Your company may have a special policy.
- ▶ Make sure eye protection equipment conforms to the American National Standards Institute (ANSI) standards.