



Safety Is As Simple As **ABC**... Always Be Careful

# EYE PROTECTION

Eye injuries are tragic. They often leave the victim in pain and can even result in a total loss of sight. One of the most tragic things about eye injuries is that most are preventable. Using eye protection is just good sense. Don't take a chance on losing one of your greatest assets and blessings, the ability to see.

Safety glasses are the most commonly used form of eye protection, and they come in a variety of tints, styles, and sizes. Glasses should be equipped with side-shields to improve the level of protection from flying objects. Never alter a set of safety glasses, such as removing the side-shields, because this may affect their ability to protect your eyes as they are intended.

Remember all glasses are not safety glasses. Make sure that the glasses you use are rated as safety glasses by looking for the symbol Z-87, which indicates that the glasses meet the ANSI standard for eye protection.

If safety glasses do not provide enough protection, ask for a pair of goggles. These work best when handling liquids or working in dust because they provide a tighter seal around your eyes. Since goggles form a seal, they may be prone to "fog up" when the temperature changes or if you sweat heavily. Try applying an anti-fog agent to the inside surface of the goggles to prevent this problem. These anti-fog agents are available at most safety supply stores.

There are times when you may need some additional protection. Use face shields, along with your glasses or goggles to add another layer of protection from splashes or other hazards that endanger your eyes.

If you have questions about which eye protection is correct for your assignment, always ask your supervisor. If an eye injury occurs, quick action can prevent a permanent disability.