



**Training Solutions, Delivered!**

# **EYE INJURY PREVENTION**

**Leader's Guide, Fact Sheet  
& Quiz**

**Item Number: 1521**

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***This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.***

## **PREPARING FOR THE MEETING**

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

## **CONDUCTING THE PRESENTATION**

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

# 1521 EYE INJURY PREVENTION FACT SHEET

**LENGTH: 9 MINUTES**

## **PROGRAM SYNOPSIS:**

Many hazardous areas of industrial, chemical, food processing and manufacturing operations expose employees to the risk of an eye injury. While most of us know we should wear the proper eye protection while working in these areas, many eye injuries still occur because someone either forgot or neglected to wear their protection. At that point, it is too late to realize the value of wearing protective devices. Employees that always wear eye protection when required understand that their eyesight is irreplaceable.

Training topics of the video include selection and use of protective devices, projectiles and flying particles, lens fogging, working with chemicals and harmful light sources.

## **PROGRAM OBJECTIVES:**

- How to protect the eyes from flying particles and projectiles;
- The selection, use and care of various eye protection devices;
- How to protect against and respond to chemical splashes;
- The dangers of harmful light sources and how to avoid injuries involving them.

## **PROGRAM OUTLINE:**

### **WEARING PROTECTION WHEN IT IS REQUIRED**

- Many workers ignore eye protection requirements when they are in a hurry or the proper protection isn't convenient.
- You don't have to be using heavy equipment to have an eye injury. Many injuries are suffered by those who are in hazardous areas and not wearing the proper protection.

### **FLYING PARTICLES**

- A common hazard in most work areas are flying particles and projectiles.
- Particles may include sawdust, small metal filings and other debris from a work area's operations.
- These items can become airborne from sweeping, the use of air tools or the actions of workplace equipment. Once airborne, they can easily enter an unprotected eye.
- If particles do end up in your eye, don't rub the eye. This may cause serious damage.
- Get to a nearby eye wash station and flush the eyes to remove any loose particles.

### **PROJECTILES**

- Projectiles may include nails, welding slag, rocks, tools and other objects. These items can become airborne and strike the eye with great force.
- Because projectiles are launched suddenly and without warning, your only defense is to make sure you are protected at the moment of impact.
- Safety glasses with side shields offer basic protection from these kinds of hazards.

### **EYE PROTECTION**

- Safety glasses have a manufacturer's mark in the lens and mark from the American National Standards Institute (ANSI) on the frame. These marks indicate the safety standards to which the glasses conform.
- Regular prescription glasses or sunglasses do not meet safety requirements and should never be substituted for safety glasses.
- Inspect your safety glasses each day. Replace them if any part is broken or if the lenses are severely scratched.
- Safety glasses with side shields offer basic protection from hazards in most areas, but they do not offer enough protection for some sites or operations.
- Objects can still enter the eye by coming between the forehead and the frame of this type of glasses. Safety glasses with a built-in brow bar can reduce this hazard.

- To ensure a proper fit, some safety glasses now have adjustable frames. The temple bars can be adjusted to achieve the best fit for both safety and comfort.
- In some cases, safety goggles are needed to provide enough protection. Goggles form a complete seal around the eyes.

### **LENS FOGGING**

- Whether you choose safety glasses or goggles, lens fogging can be a problem in areas with high humidity of temperature changes.
- If fogging is a problem, choose eye protection with good ventilation or fog-resistant coatings.
- The use of anti-fog wipes or an anti-fogging solution on the lenses can also help with fogging.

### **MAINTENANCE OF EYEWEAR**

- You should clean your eye protection after each shift. Thoroughly clean all parts with soap and warm water, rinse with cool water and allow to air dry.
- After cleaning your eyewear, it should be stored in a clean, dry place away from heat sources.

### **WORKING WITH CHEMICALS**

- Some eye injuries are caused by exposure to chemical splashes, fumes or dusts that may cause injuries ranging from minor irritation to severe blinding burns.
- Before working with any chemical or hazardous substance, make sure you know what eye protection is required and what action to take if an exposure occurs.
- You can find this information on the Material Safety Data Sheet (MSDS) for the chemical being used.
- In most cases, chemical goggles are required to protect the eyes from hazardous splashes.
- If a face shield is required for face protection, remember that proper eye protection must still be worn. Never wear a face shield without additional eye protection.

### **RESPONDING TO EYE SPLASHES**

- If chemicals do get into the eyes, proper first aid treatment requires promptly flushing them with water.
- Our eyes have a natural protective reaction to close tightly when threatened. To rinse your eyes thoroughly, you must force your eyelids open with your fingers to allow the stream of water to flood the eye completely.
- To get a complete rinse, you must flush your eyes for at least 15 minutes. They may feel better sooner than this, but flushing for 15 minutes is needed to thoroughly cleanse the eyes of harmful residue.
- Because you may not be able to see at all in the event of an emergency, you must be able to find the eye wash in your area with your eyes shut or while blindfolded. Practice this at some point; it may save your eyesight.

### **HARMFUL LIGHT EXPOSURES**

- Eye injuries can be caused by brazing, welding and cutting operations. In addition, lasers are becoming more common for precise drilling, cutting and milling operations.
- These various operations emit harmful light of various wavelengths. When exposed to these light sources, the eye can be damaged and burned.
- Similar to the way our skin gets burned, the retina, cornea and lens can be burned by these wavelengths of light.
- The exposures can cause various ailments ranging from eye fatigue, scratchy irritation, painful burning or a loss of vision.
- To avoid these types of burns, the eyes need to be shielded by tinted lenses.
- The proper amount of tint depends on the wavelength of the emitted light. Check with your supervisor when selecting the tint needed for your job.
- Passersby can receive burns to unprotected eyes by looking at the bright light emitted from these types of operations.
- If you are passing through areas with welding or laser operations, focus your eyes away from the light sources. An even better idea is to avoid entering these areas whenever possible.

## EYE INJURY PREVENTION

### ANSWERS TO THE REVIEW QUIZ

1. a

2. c

3. b

4. d

5. a

6. a

**EYE INJURY PREVENTION**  
**REVIEW QUIZ**

*The following questions are provided to determine how well you understand the information presented in this program.*

Name \_\_\_\_\_ Date \_\_\_\_\_

1. Many eye injuries are suffered by workers who are just passing through hazardous areas and not involved in the work processes.
  - a. True
  - b. False
  
2. What should you do if a projectile gets embedded in your eye?
  - a. Try to remove it immediately
  - b. Flush your eye at the eye wash station
  - c. Loosely cover the eye and seek medical attention
  - d. None of the above
  
3. No additional protective equipment is needed with a face shield if the shield covers the entire face and neck.
  - a. True
  - b. False
  
4. To get a complete rinse at an eye wash station, you must flush your eyes for at least \_\_\_\_\_ minutes.
  - a. 5
  - b. 10
  - c. 12
  - d. 15
  
5. How often should you inspect your eye protection for broken parts, scratches or dirty lenses?
  - a. Every day
  - b. Once a week
  - c. Once a month
  
6. If you look into welding or laser operations while your eyes are unprotected, parts of your eye can be burned much like your skin gets burned.
  - a. True
  - b. False