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# **THAT'S WHY YOU WEAR EYE PROTECTION**

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

**Item Number: 3253**  
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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.

## **3253 THAT'S WHY YOU WEAR EYE PROTECTION FACT SHEET**

**LENGTH: 18 MINUTES**

**PROGRAM SYNOPSIS:**

This program opens with a devastating workplace eye injury that happens all too often when employees choose not to adequately protect their eyesight. In fact, workers in North America suffer more than 1,000 eye injuries each day. Perhaps the most disturbing aspect of this statistic is that 90 percent of these eye injuries could be prevented by the use of proper eye protection. This video discusses various types of eye protection devices and how they help to prevent injuries. Viewers will also see the tragic consequences that can occur when we don't make the effort to protect our eyes at all costs.

Topics include selection and inspection of eyewear, safety glasses, safety goggles and face shields, protection from harmful light, lens fogging and timely response to eye injuries.

**PROGRAM OBJECTIVES:**

After watching the program, viewers should be able to explain the following:

- How to select and inspect appropriate eyewear for their job tasks;
- Why it is important to respond to an eye injury in a timely manner;
- Why they should want to protect against eye injuries at all costs.

**PROGRAM OUTLINE:**

**BACKGROUND**

- Devastating eye injuries occur more frequently than you may think. In fact, workers in North America suffer more than 1,000 eye injuries each day.
- Hazards from steam, grinding debris, chemical splashes and blunt force trauma can injure our eyes and damage our eyesight.
- Perhaps the most disturbing aspect of this statistic is that 90 percent of these eye injuries could be prevented by the use of proper eye protection.
- Eye hazards can be found on nearly every jobsite; some examples include chemical splash hazards, harmful light or general flying debris.

**EMPLOYEE RESPONSIBILITY TO WEAR EYE PROTECTION**

- Your company has evaluated the specific hazards of the areas you will be working in and has provided you with the appropriate eye protection. While your company has purchased the necessary protective eyewear, it is your responsibility to wear it.
- Eye protection doesn't work if you don't have it on. Employees who neglect to wear their eye protection are far more likely to suffer an eye injury.
- Even if you are just passing through an area where eye hazards are present, you still must wear the appropriate protection. Many severe eye injuries are suffered by pedestrians who simply walk through hazardous work sites or are working nearby.

**SELECTION & INSPECTION OF EYEWEAR**

- Before beginning any job task, we must understand what hazards are present and select the appropriate protection. This equipment must also be in good condition and fitted properly.
- Inspect your protective eyewear for any defects, such as scratched lenses, cracks or broken parts. If you discover any problems, replace them or have them repaired.
- Also check for the manufacturer's mark on the lens and the ANSI mark on the frame to make sure they conform to industry standards for your job duties.

- Ask your supervisor if you have any questions about the proper eye protection you need for any particular job task. Choosing the right eye protection is not always as easy as it sounds because even something as simple as a pair of safety glasses has a variety of styles and features.

### **ENSURING A PROPER FIT**

- When choosing eye protection, be sure that it fits comfortably. Uncomfortable eye protection tempts workers to take it off frequently while working.
- If you experience discomfort while wearing your eyewear, check with your supervisor to ensure a proper fit.

### **LENS FOGGING**

- Another potential problem with protective eyewear is fogging. In hot areas or areas where temperatures tend to fluctuate, lens fogging is a common occurrence.
- Under these conditions, choose eyewear that is well-ventilated or has fog-resistant coatings.
- You may also use anti-fog wipes or an anti-fogging solution on the lenses.
- You should also clean and properly store your eye protection after each shift. This keeps them in good condition and ready for use.

### **SAFETY GLASSES**

- For most eye hazards, safety glasses with side shields are a good choice. Safety glasses are designed to withstand major impacts without cracking or shattering the lens.
- Many companies require safety glasses to be worn in all areas of the facility at all times. This is because the various types of machines, equipment, materials and operations in use can quickly create flying particles and debris that can injure your eyes.
- Prescription glasses do not meet the same impact requirements as safety glasses. When struck by an object, prescription lenses can shatter, causing shards of glass to be imbedded in to the eye.
- In addition, prescription glasses don't have side shields, which protect the eyes from debris entering from the side.
- There are many types of protective eyewear designed to fit over regular prescription glasses. You may need to try several styles before finding a good comfortable fit.
- Safety glasses are also available with prescription lenses and side shields. They will be custom-made with your prescription and have lenses designed to meet the ANSI standard for impact protection.
- Many people choose to wear contact lenses to make it easier to wear safety eyewear.

### **SAFETY GOGGLES & FACE SHIELDS**

- Safety glasses provide a good starting point against eye injuries, but sometimes safety glasses just aren't enough. Where there is a potential for splashing chemicals, high-pressure liquids or gases, large amounts of flying particles or areas where debris falls from overhead, you will need additional protection in the form of safety goggles.
- Safety goggles provide more protection than safety glasses because they create a complete seal around the wearer's eyes to keep out hazardous materials.
- While goggles do provide more protection for your eyes than safety glasses, they do not provide much protection for your face. Many jobs such as chipping and grinding or chemical line-breaking require a combination of safety eyewear and a face shield.
- Always remember that a face shield is designed to protect the face and is not designed to provide adequate eye protection. A face shield should never be used alone; it must always be used in conjunction with safety glasses or goggles.

### **PROTECTION FROM HARMFUL LIGHT**

- Another type of protective eyewear is tinted goggles or face shields designed to protect our eyes from harmful light.
- These are usually used while welding and cutting or during some types of laser operations. Tinted lenses are often built into welder's helmets and other types of protective hoods.
- When performing these types of operations, be sure to choose the proper hood and lens. When selecting lenses, make sure you know how to select the correct lens for the intensity of the light produced by your job task.
- While hoods and helmets protect against harmful light while in use, once they are lifted or removed your eyes may be exposed to other dangers. This is why safety glasses should be worn beneath your hoods and helmets at all times.

## RESPONDING TO AN EYE INJURY

- How you respond to an eye injury could mean the difference between saving and losing your vision.
- You should be able to find the nearest eyewash station in your work area with your eyes closed. You should practice this sometime; it could save your eyesight someday.
- Responding to an eye injury needs to be done as fast as possible.
- If the incident involves a chemical, gas or fumes, get to an eyewash station and flush your eyes for at least 15 minutes. Even if your eyes feel better right away, continue flushing for the full 15 minutes.
- If the incident involves flying debris or a particle that gets lodged into the eyes, never rub the eyes or remove it yourself. Loosely cover the area and seek medical attention immediately; most often, trying to remove the particle yourself causes more damage than leaving it and seeking the proper medical attention.

### ***Jason's Failure To Wear Appropriate Eye Protection Leads To Injury & Permanent Blindness***

Maintenance worker Jason Floyd was checking a clogged ammonia line that fed into a production tank at the plant. The job entailed blanking the line and then cleaning the valves to clear the blockage. Because he couldn't see clearly through the scratched lenses of his safety goggles, he laid them down beside his toolbox and proceeded with the job wearing only his safety glasses. He also had forgotten to bring his face shield and didn't think it was worth the time to go back to his locker and get it. For unknown reasons, the line was still pressurized when he loosened the bolt to the valve and ammonia spewed into his face and eyes.

As Jason screamed for help and searched for an eyewash station, co-worker Mike ran to him and helped him find it. Five critical minutes passed between the time of the pressure release and the moment Mike found Jason. After his eyes were flushed for 15 minutes, Jason was taken to the hospital where his family and fellow employees waited to hear about his condition. He suffered corneal burns, a scratched iris and a torn outer lens to both eyes, according to the attending physician. After his injuries were treated, his eyes were bandaged and he was told they would have to wait several weeks to determine if his blindness was permanent.

The weeks following Jason's incident were grueling with a lot of questions, worries and despair, his wife said. After all, what would they do if he was blind? The physician had told Jason's family that he would suffer some permanent damage, but they would have to see how Jason responded to his treatment to be sure how the injuries would affect his vision. On the day they took his bandages off, unfortunately, they discovered that Jason had lost his eyesight permanently. "I still live with the fact that I could have prevented this from happening to me," Jason would say later. "It is hard being in complete darkness all the time. It is something you never want to experience," he continued. "After all, that's why you wear eye protection."

### **Lessons From Jason's Incident**

- ***Always understand the hazards present for each and every job task and select the appropriate protection. Jason's safety glasses didn't prevent the chemical from entering his eyes; the required goggles and face shield would have minimized his injuries.***
- ***Don't make the mistake of thinking that "it's too much trouble" or "it takes too much time" to protect your eyes from hazards. Jason's decision to work without his face shield because it would take too long to go get it cost him dearly.***
- ***Clean and store your protection properly after each shift. Had Jason done this instead of storing his goggles in his toolbox, the lenses may not have become scratched and he wouldn't have removed them to see better.***
- ***You should be able to find the nearest eye station in your work area with your eyes closed. Five critical minutes elapsed between the chemical pressure release and Jason's arrival at the eyewash station; those five minutes may have made the difference between temporary and permanent blindness.***

## **THAT'S WHY YOU WEAR EYE PROTECTION**

### **ANSWERS TO THE REVIEW QUIZ**

1. a
2. a
3. d
4. b
5. a
6. c
7. b
8. c
9. a
10. b

**THAT'S WHY YOU WEAR EYE PROTECTION**  
**REVIEW QUIZ**

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

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

1. In North America, workers suffer more than 1,000 eye injuries each day.
  - a. True
  - b. False
  
2. Most eye injuries can be prevented by wearing proper eye protection.
  - a. True
  - b. False
  
3. Selecting the appropriate eye protection involves \_\_\_\_\_.
  - a. Understanding the hazards present
  - b. Making sure the equipment is in good condition
  - c. Making sure the equipment fits properly
  - d. All of the above
  
4. The \_\_\_\_\_ on the lens and the ANSI mark on the frame will give you information to make sure the eyewear conforms to industry standards for your job duties.
  - a. Safety code
  - b. Manufacturer's mark
  - c. Protection code
  - d. All of the above
  
5. A comfortable fit for eye protection is important so that you will not be tempted to take it off frequently while working.
  - a. True
  - b. False
  
6. The benefit of safety glasses over prescription glasses is that \_\_\_\_\_.
  - a. The lenses can withstand major impacts without cracking or shattering
  - b. They have side shields
  - c. Both of the above
  
7. A face shield may be used without safety glasses or goggles because it can protect your face and eyes from hazardous materials.
  - a. True
  - b. False
  
8. Safety goggles provide more protection than safety glasses because they \_\_\_\_\_.
  - a. Are specially made for each employee
  - b. Cover your whole face
  - c. Create a complete seal around the eyes to keep out hazardous materials
  - d. All of the above
  
9. \_\_\_\_\_ goggles or face shields should be worn while welding or during laser operations to protect your eyes from harmful light.
  - a. Tinted
  - b. Transition
  - c. Shatterproof
  - d. Glazed
  
10. Safety glasses are not necessary if you are wearing a hood or helmet.
  - a. True
  - b. False