

THAT'S WHY YOU WEAR EYE PROTECTION

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

INTRODUCTION: A brief description of the program and the subject that it addresses.

PROGRAM OUTLINE: Summarizes the program content. If the program outline is discussed before the video is presented, the entire program will be more meaningful and successful.

PREPARING FOR AND CONDUCTING THE PRESENTATION: These sections will help you set up the training environment, help you relate the program to site-specific incidents, and provide program objectives for focusing your presentation.

REVIEW QUESTIONS AND ANSWERS: Questions may be copied and given to participants to document how well they understood the information that was presented. Answers to the review questions are provided separately.

INTRODUCTION

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 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.*

PREPARE FOR THE SAFETY MEETING OR TRAINING SESSION

Review each section of this Leader's Guide as well as the videotape. Here are a few suggestions for using the program:

Make everyone aware of the importance the company places on health and safety and how each person must be an active member of the safety team.

Introduce the videotape program. Play the videotape without interruption. Review the program content by presenting the information in the program outline.

Make an attendance record as needed and have each participant sign the form. Maintain the attendance record as written documentation of the training performed.

Here are some suggestions for preparing your videotape equipment and the room or area you use:

Check the room or area for quietness, adequate ventilation and temperature, lighting and unobstructed access.

Check the seating arrangement and the audiovisual equipment to ensure that all participants will be able to see and hear the videotape program.

Place or secure extension cords to prevent them from becoming a tripping hazard.

CONDUCTING THE PRESENTATION

Begin the meeting by welcoming the participants. Introduce yourself and give each person the opportunity to become acquainted if there are new people joining the training session.

Explain that the primary purpose of the program is to show how eye injuries can have traumatic and irreversible consequences as well as the precautions and equipment that can prevent these types of injuries.

Introduce the videotape program. Play the videotape without interruption. Review the program content by presenting the information in the program outline.

Lead discussions about specific eye hazards that are present at your facility and the precautions employees should take to prevent them from causing injuries.

Copy the review questions included in this Leader's Guide and ask each participant to complete them.

After watching the videotape 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.

THAT'S WHY YOU WEAR EYE PROTECTION
REVIEW QUIZ

Name _____ Date _____

The following questions are provided to check how well you understand the information presented during this program.

1. What percentage of eye injuries can be prevented through the use of proper eye protection?
 - a. 50 percent
 - b. 70 percent
 - c. 90 percent
2. You must still wear the appropriate eye protection even if you are just passing through an area where eye hazards are present.
 - a. true
 - b. false
3. Why should you make sure that your eye protection fits comfortably?
 - a. it may not fully protect you if it is uncomfortable
 - b. you may be tempted to take it off frequently if it is uncomfortable
 - c. you may not be able to see adequately if it is uncomfortable
4. Prescription glasses meet the same impact requirements as safety glasses.
 - a. true
 - b. false
5. A face shield must always be used in conjunction with safety glasses or goggles.
 - a. true
 - b. false
6. Why should safety glasses be worn underneath a welding hood?
 - a. to provide additional protection from hazardous light
 - b. to protect against hazards that could get underneath the hood
 - c. to protect against other hazards when you remove your hood

7. You should only try to remove a particle lodged in your eye if you can see it clearly with your other eye.
- true
 - false
8. According to the video, what was the main cause of Jason's injuries?
- he didn't get to the eyewash station fast enough
 - he forgot to turn off the valve to the chemical line
 - his safety glasses weren't the proper protection for preventing the chemical from entering his eyes

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ANSWERS TO THE REVIEW QUIZ

- c
- a
- b
- b
- a
- c
- b
- c