



PREVENTING EYE INJURIES

TOOLBOX TALK SERIES – HAZARDS

July 2023

Our eyes are incredibly important and valuable sensory organs, but they are also vulnerable to injuries in various work environments. Eye injuries can cause significant pain, vision impairment, and even permanent damage. By being aware of potential hazards and following proper safety practices, we can protect our eyes and maintain good vision. Let's discuss some key points on preventing eye injuries.

Key Points:

1. Recognize Common Hazards:

- Flying Particles: Dust, metal fragments, wood chips, or debris generated during cutting, grinding, or other mechanical work processes.
- Chemicals: Contact with hazardous liquids, gases, or vapors that can cause chemical burns or irritation.
- Projectiles: Objects ejected from machinery, tools, or processes, such as nails, screws, or fragments.
- Radiation: Exposure to harmful ultraviolet (UV) or infrared (IR) radiation, welding arcs, or intense light sources.
- Physical Impact: Accidents involving falls, bumps, or collisions that can injure the eyes.



2. Use Appropriate Eye Protection:

- Wear safety glasses with side shields as a minimum requirement for eye protection in areas with potential hazards.
- Select safety goggles for situations where there is a higher risk of impact, chemical exposure, or dust.



- Use face shields when working with large flying objects, hazardous chemicals, or in situations where full-face protection is necessary.
- Ensure that eye protection is properly fitted, maintained, and meets relevant safety standards.

3. Follow Safe Work Practices:

- Identify and assess potential eye hazards in your work area.
- Adhere to safety procedures, including using guards on machinery, tools, or equipment.



- Handle hazardous materials carefully and use appropriate PPE, such as chemical splash goggles or face shields.
- Maintain a clean and clutter-free work environment to reduce the risk of tripping or falling hazards.

4. Promote Eye Safety Culture:

- Encourage open communication about eye safety concerns and incidents.
- Provide training on eye injury prevention and proper use of eye protection.
- Make eye protection readily available and easily accessible in work areas.
- Report any eye injuries, near misses, or hazards promptly.

5. Responding to Eye Injuries:

- In case of an eye injury, seek immediate medical attention. Do not delay.



- Rinse the affected eye gently with clean water if it's a chemical exposure but avoid rubbing or applying pressure.
- Do not attempt to remove foreign objects embedded in the eye; let trained medical professionals handle it.
- Make sure to report any eye injuries to your supervisor.



Conclusion: Protecting our eyes from injuries is crucial for maintaining our vision and overall well-being. By understanding common hazards, using appropriate eye protection, following safe work practices, promoting an eye safety culture, and knowing how to respond to eye injuries, we can significantly reduce the risk of eye-related incidents. Remember, the gift of sight is invaluable, so let's prioritize eye safety in our daily work activities.