

TOOLBOX TALK :- EYE PROTECTION

About 95 per-cent of eye and face injuries treated in Australian hospitals are a result of negligence and lack of attention to basic eye safety precautions.

The majority of these eye injuries can be avoided by taking a common sense approach to dangerous activities. Wearing eye protection for all potential dangerous tasks in the workplace, even in the event you are lending a hand just makes good common sense.

Common dangers in our workplace:

Sometimes we do too many jobs without protecting our eyes!

Just think of the eye hazards in our work:

- flying dust and grit
- welding arcs
- sparks and slag from welding, cutting and grinding
- abrasives from sandblasting
- chemical splash
- pipe and wire sticking out of walls
- ties and wire hanging from ceilings



Follow the tips below:

- Wear safety glass with side shields even if it is not mandatory at worksite.
- Don't wear contact lenses on site. Dust and other particles can get under the lens. If you must wear contact lenses for medical reasons, wear appropriate eye protection as well.
- Keep your safety glasses on when you wear other protection such as a welding helmet or face shield. Why? Because when you lift up the visor or shield, you may still be exposed to flying chips, dust, or other hazards.
- Clean dirty lenses with water or a lens cleaning solution to float the dirt away instead of scratching it into the lenses.

Eye Emergency- First Aid

In case of particles in the eye:

- Do not rub the eye.
- Try to let your tears wash the speck out or irrigate the eye with an artificial tear solution.
- Try lifting the upper eyelid outward over the lower eyelid to remove the particle.
- If the particle does not wash out, keep the eye closed, bandage it lightly and seek medical attention.



You've only got one pair of eyes. Make them last a lifetime!