

## Safety Meeting Protecting Your Eyesight



Company: \_\_\_\_\_ Presenter: \_\_\_\_\_ Date: \_\_\_\_\_

Over 1 million people suffer eye injuries each year in the United States. Your eyes are two of the most important organs in your body. You need them for work, for play, for reading, for watching your favorite sports team, and for driving. You use them in almost everything you do! It is extremely important to protect them.

At work, many objects can fly into your eyes unexpectedly. Dust particles in the air, sparks from a welder, sawdust from a circular saw, metal slivers and shavings from a grinder, wood chips from a chain saw, and splashed concrete can all find their way into your eyes. Even stationary objects at eye level, like protruding rebar, pencil rods, or tie wires can cause eye and face injuries.

What can you do to protect your eyes? First, pay attention to your surroundings and be aware of hazards. Second, select the right eye protection. Your choices include spectacles, face shields, welding masks, and goggles. If you wear prescription glasses, your optometrist can fit you for prescription safety glasses. Or, you can wear goggles or a face shield over your regular glasses. If you have questions about what type of eye protection you should wear, ask your supervisor. Make sure you choose the eye protection that matches the hazards - don't assume that your safety glasses will protect your eyes from every danger you encounter.

OSHA requires that safety glasses meet the requirements of the American National Standards Institute (ANSI) standard Z87.1-1989: Practice for Occupational and Educational Eye and Face Protection. This standard addresses impact testing, penetration resistance, flammability, vision requirements, and corrosion tests. Be sure your safety glasses have "ANSI Z87.1" stamped on the frames.

The need for eye protection doesn't stop at quitting time. Almost 50 percent of eye injuries occur at home, and 90 percent of these can be prevented. Caution your family about the dangers of household chemicals, spray cans, garden tools, fire-works, batteries, and pellet guns. Encourage your children and grandchildren to "see" the value of practicing eye safety. Protect your eyes from disease and deterioration as well. Have a professional eye exam every two years.

**SAFTY REMINDER: Be aware of potential hazards wherever you work. Use appropriate eye protection whenever necessary. Take care of your eyes - they can't be replaced.**

Employee Signatures

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