# Eye safety toolbox talk: eye and face protection

29 CFR 1910.133, 1910.132, 1910.151, 1926.102

Date _____ Trainer _____ Location _____

**Opening question**

**Who here has ever had something in their eye at work, even just a speck of dust?**

## Why it matters

An eye injury can change your life in a second. Flying chips, dust, chemical splashes and welding light are part of a lot of jobs. The right eye protection, worn the whole time you are exposed, keeps those hazards out of your eyes.

## Key points

### 1 Know the hazards

Eye or face protection is required when you are exposed to flying particles, molten metal, liquid chemicals, acids or caustic liquids, chemical gases or vapors, or light radiation that can injure your eyes. Grinding, cutting, chipping, sanding, spraying, pouring chemicals and welding all put you in that zone. If you are not sure what a task needs, ask before you start.

29 CFR 1910.133(a)(1)

### 2 Side protection for flying objects

When there is a hazard from flying objects, your eye protection must have side protection. Clip-on or slide-on side shields are acceptable if they meet the requirements of the standard. Open sides leave a gap that chips and sparks can get through.

29 CFR 1910.133(a)(2)

### 3 Match the protector to the job

Safety glasses guard against impact. Goggles fit tight around your eyes to keep out dust and splashes. A face shield protects your face and should be worn over safety glasses or goggles, not instead of them. For welding light, you must use filter lenses with a shade number that fits the work.

29 CFR 1910.133(a)(5)

### 4 Prescription glasses and contacts

If you wear prescription glasses around eye hazards, you need eye protection with your prescription built in, or protection that fits over your glasses without pushing them out of place. Regular glasses are not safety glasses. Contact lenses are not eye protection either, so wear the right safety eyewear over them.

29 CFR 1910.133(a)(3)

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**5** **Inspect it, clean it, replace it**

Check and clean your eyewear before each use. Scratched or pitted lenses make it hard to see, and cracked lenses or broken frames can fail when you need them. Defective or damaged PPE must not be used, so get a replacement instead of making do.

29 CFR 1910.132(e)

**6** **Know where the eyewash is**

Where anyone may be exposed to injurious corrosive materials, there must be facilities for quick flushing of the eyes and body within the work area. Know where yours is and keep the path to it clear. If dust or a chemical gets in your eye, do not rub it. Flush it and tell your supervisor.

29 CFR 1910.151(c)

## Scenario

Picture this: A worker is cutting a steel bracket with an angle grinder. Their safety glasses kept fogging up, so they pushed them up on their head to see better. A spray of sparks and metal chips comes off the wheel toward their face. What could they have done about the fogging instead of taking the glasses off?

## Crew discussion

1. Which tasks here need safety glasses, and which need goggles or a face shield too?
2. Where is the nearest eyewash, and could you find it with your eyes closed?
3. What makes people take their eye protection off, and how can we fix that?
4. Who wears prescription glasses or contacts, and do they have protection that works with them?

**Bottom line** **Match your eye protection to the hazard, and keep it on the whole time you are exposed.**

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# Sign-in sheet / Hoja de asistencia

Topic / Tema Eye and face protection / Protección de ojos y cara

Date / Fecha _____

Trainer / Instructor _____ Location / Lugar _____ Company / Empresa _____

| # | Name<br>Nombre | Signature<br>Firma | Company<br>Empresa | Date<br>Fecha |
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Trainer signature / Firma del instructor _____ Time / Hora _____

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