



Toolbox Talks

Spotlight on Safety



Eye and Face Protection

Your eyes are invaluable, and you must protect them.

Without your eyesight, you could be without a job.

Utility construction workers are exposed to eye hazards every day. Eye injuries are most frequently caused by objects or chemicals striking a worker's eye. Other causes of eye injuries include exposure to dust, gases, vapors, mists, electrical hazards, arc welding, and lasers. It is a proven fact that most eye injuries happen to workers who are not wearing eye protection.

- ▲ Most eye injuries can be prevented by wearing the proper type of eye protection for the type of work you are performing. Safety glasses and goggles must meet specific requirements. They must be impact resistant and have side shields.
- ▲ Eye protection must be worn whenever there is a potential for flying particles, chemical splashes, or other eye hazards such as arc welding. Goggles offer better eye protection than safety glasses.
- ▲ Safety glasses should be equipped with side shields to protect your eyes against flying particles that could strike your eye from the side. All safety glasses must meet specific requirements. Standard eye glasses do not meet these requirements. Prescription safety glasses are available with side shields. If you do not have prescription safety glasses, goggles must be worn over standard eye glasses. Most workers can safely wear contact lenses on the job with safety glasses or goggles.
- ▲ Chemical splash goggles must be worn when working with chemicals. Never use chip goggles with perforated sides in place of chemical splash goggles.
- ▲ Welders and their helpers must wear eye protection designed for welding and cutting. When welding, cutting, brazing, or torch soldering, you must use eye protection with special filtering lenses that have a shade number appropriate for the type of work you are performing.
- ▲ Safety sunglasses with different color lenses are available for working outdoors. Clear lenses must be used when working inside.
- ▲ Many of the same hazards that could injure your eye can cause injury to your face, so wear a face shield over your safety glasses or goggles to protect your face when handling chemicals that could splash in your face.
- ▲ If you get a chemical in your eye(s), flush the eye(s) with plenty of fresh clean water for at least 15 minutes. Never use a hose to rinse your eyes because the pressure can cause additional injuries and could force chemicals into the eye socket.
- ▲ In the event of an eye injury, seek medical attention immediately!

Don't take a chance with your eyesight. Wear safety glasses or goggles at all times while on the jobsite. Protect your eyes so you can continue to see the world around you.