

Eye Safety

A SAFETY TALK FOR DISCUSSION LEADERS

This safety talk is designed for discussion leaders to use in preparing safety meetings.

Set a specific time and date for your safety meeting. Publicize your meeting so everyone involved will be sure to attend.

Review this safety talk before the meeting and become familiar with its content. Make notes about the points made in this talk that pertain to your workplace. You should be able to present the material in your own words and lead the discussion without reading it.

Seating space is not absolutely necessary, but arrangements should be made so that those attending can easily see and hear the presentation.

Collect whatever materials and props you will need ahead of time. Try to use equipment in your workplace to demonstrate your points.

DURING THE MEETING

Give the safety talk in your own words. Use the printed talk merely as a guide.

The purpose of a safety meeting is to initiate discussion of safety problems and provide solutions to those problems. Encourage employees to discuss hazards or potential hazards they encounter on the job. Ask them to suggest ways to improve safety in their area.

Don't let the meeting turn into a gripe session about unrelated topics. As discussion leader, it's your job to make sure the topic is safety. Discussing other topics wastes time and can ruin the effectiveness of your safety meeting.

At the end of the meeting, ask employees to sign a sheet on the back of this talk as a record that they attended the safety meeting. Keep this talk on file for your records.

Eye Safety

The human eye is provided with more protection than any other part of the body.

However, its own protection is not enough. Workers can still get particles of dust, metal, wood, glass, concrete, plastic or other hard substance in their eyes. Chemicals, acids, sparks, hot oil, fire and steam are also eye hazards.

But natural elements can also be harmful to our eyes. Our eyes are constantly attacked by exposure to wind, heat and glare.

Proper lighting is essential for our eyes, especially in an industrial setting where increased illumination levels can improve comfort, efficiency, productivity and safety.

But exposure to some light sources, like the intense radiation from a welding torch, can be serious. For example, painful burn to the cornea can result unless proper eye protection is worn.

In order to prevent eye injuries, protective eye shields, glasses or other approved eyewear must be worn. Coverall goggle or face shields must be used in situations where safety glasses are not enough, such as in areas where high concentrations of dust or flying particles exist.

Contact lenses do not provide eye protection in the industrial sense; their use without eye or face protective devices of industrial quality should not be permitted.

If you need to wear corrective lenses on the job, wear prescription safety glasses. Regular eyeglasses are not a substitute for safety glasses.

Have your eyes examined periodically. Accidents and injuries are sometimes the result of poor vision and eyestrain. Ret your eyes at the end of each workday by placing cool, moist cotton pads on closed eyelid.

Always wear safety glasses or goggles when working with stump removers or chipper. Use a full face shield and goggles when opening fertilizer and spray containers. Watch for tree branches and other objects that protrude at eye level.

Often times workers who have had close calls and nearly lost their eyesight are extremely conscious of wearing the proper eye protection and can recognize unsafe eye conditions just about anywhere. Wherever you are working, make sure that emergency first-aid equipment and supplies are available.

Never rub your eye if you get something in it. If a particle is under the upper lid, gently grasp the lashes of the upper eyelid between your thumb and forefinger, look upward, and pull the eyelid forward and downward over the lower eye. This action will automatically trigger tears, which will often dislodge the foreign object.

If the particle appears under the lower lid, pull the lid down by pressing your finger gently against the lid below the lash. Use a moist cotton swab or other applicator to gently remove the particle. If it does not come out easily, see a physician.

If your eye is seriously injured, cover it with a sterile oval eye pad, a clean cloth or a piece of gauze. Never use any kind of oil on the eye for first-aid treatment. If the eye has come into contact with acid or chemicals, flush the eye with plenty of water from a drinking fountain or water spigot.