

Safety meeting blueprint

✓ **Meeting Topic:** Eye safety

✓ **Today's Date:** _____

✓ **Attendee Signatures:**

Sure, many of us take our eyesight for granted. Keep in mind, however, that your eyes are sensitive and delicate organs that can be easily injured. And it only takes about one second to injure an eye. Worse, even a minor eye injury can cause lifelong vision problems.

If you need proof of how vulnerable your eyes really are, consider that 2,000 work-related eye injuries occur every day in the U.S.

But the good news is that 90% of eye injuries are preventable, as long as you select the correct eyewear and use it properly.

Greater protection

Remember that safety goggles are stronger and provide greater protection than safety glasses. Choose safety goggles when you're working around higher-impact airborne particles, flying projectiles, or liquids.

Select safety glasses to guard against low-impact hazards, airborne particles, or flying projectiles.

(When should you wear a face shield?)

Face shields should be

used for higher-impact protection than even safety goggles. Face shields must always be worn over safety glasses or safety goggles. That way, should you lift up your shield, you'll still be safeguarded from flying hazards like dust and chips.

Proper fit

To prevent eye injuries, first make sure that your eyewear fits properly and is comfortable.

Try on the eyewear. It should cover your face from your eyebrows to your cheekbones. Ensure the eyewear fits over your temples, nose and ears comfortably. And the gaps between the edges of the eyewear and your face should be small.

In addition, you should be able to see in all directions without any obstructions in your field of view.

Also, don't use eyewear that isn't properly labeled. Verify that the gear is marked with the manufacturer's identification and use precautions.

Plus, ensure the eyewear you choose is durable and

kept in good condition. Before using eyewear, clean your lenses with water or a lens-cleaning solution. If you notice scratches on your lenses, take the eyewear out of service, because the scratches may impair your vision or weaken the lenses.

Double-check that you know where the nearest eyewash station is located. Also, you should know how to get medical attention. Never attempt a task that could damage your eyes until you're sure how to respond should you suffer an injury.

Safe storage

Once you begin the assignment, check that your eyewear doesn't interfere with your vision or movements. If you notice the gear is getting in the way, stop the job and pick out different eyewear.

When you're done using your eyewear, put it in a case. Store the case in a clean, dry place where it can't fall or be stepped on.

Thanks for your attention. And remember, let's stay safe out there!

(See next page for Test)

Safety meeting blueprint: Test your knowledge

Meeting Topic: Eye safety

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| <p>1. Which of the following is the preferred way to clean eyewear?</p> <p>a. A lens-cleaning solution
b. A paper towel
c. Your shirt
d. None of the above</p> <p>2. You don't need to wear protective gear underneath a face shield. True or False?</p> <p>3. What should you do if you notice that eyewear is obstructing your movements?</p> <p>a. Use it anyway
b. Pick out different eyewear
c. Continue the task without the eyewear
d. None of the above</p> <p>4. Which of the following provides the highest</p> | <p>impact protection?</p> <p>a. Safety glasses
b. Safety goggles
c. A face shield
d. None of the above</p> <p>5. When you're done using eyewear, you should</p> <p>a. Give it to a coworker to use
b. Throw it out
c. Put it in a case
d. None of the above</p> <p>6. The label for safety eyewear shows</p> <p>a. The weight of the safety equipment
b. Use precautions
c. The expiration date of the eyewear
d. All of the above</p> <p>7. How many work-related eye injuries occur every day in the U.S.?</p> | <p>a. 200
b. 500
c. 1,000
d. 2,000</p> <p>8. Always ensure eyewear fits comfortably over your</p> <p>a. Temples
b. Nose
c. Ears
d. All of the above</p> <p>9. Eyewear should cover your face from your</p> <p>a. Eyebrows to cheekbones
b. Nose to cheekbones
c. Ears to hairline
d. Eyebrows to hairline</p> <p>10. Eyewear should be properly stored in a location that's</p> <p>a. Dirty and wet
b. Clean and dry
c. Clean and wet</p> | <p>d. Dirty and dry</p> <p>11. What percentage of eye injuries can be prevented by the proper selection and use of eyewear?</p> <p>a. 9%
b. 19%
c. 59%
d. 90%</p> <p>12. You should never start a task that could damage your eyes until you've identified the location of the nearest eyewash station. True or False?</p> <p>13. Which of the following provides the lowest impact protection?</p> <p>a. Safety glasses
b. Safety goggles
c. A face shield
d. They're all the same</p> |
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Test your knowledge: The answers

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| <p>1. a</p> <p>2. False. Remember that you'll need extra protection underneath your face shield. That way, if you lift up your shield, you'll still be protected from hazards such as dust and chip particles that you might not have even noticed.</p> <p>3. b</p> <p>4. c</p> <p>5. c</p> | <p>6. b</p> <p>7. d</p> <p>8. d</p> <p>9. a</p> <p>10. b</p> <p>11. d</p> <p>12. True. You need to know the location of the nearest eyewash station in order to properly respond to an eye emergency.</p> <p>13. a</p> |
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