



GOALS

This safety session should teach employees to:

- Recognize eye injuries or damage.
- Respond appropriately when the eye is injured or splashed with a toxic or corrosive substance.

Applicable Regulations: 29 CFR 1910.133, .151, .1200, and regulations for specific substances and procedures that could endanger the eye



1. Prevent eye injury and damage on the job.

- Many jobs have the potential to harm workers' eyes when:
 - Objects strike or puncture the eye
 - Particles and dust enter and stick to the eye
 - Corrosive or toxic substances splash the eye
 - Chemical or vapors get into the eye
 - Eyes are exposed to electrical arcing and sparks and radiant energy
- Contact with some hazardous substances can permanently damage or blind the eye.
- The Occupational Safety and Health Administration (OSHA) requires employers to identify potential eye hazards.
- OSHA requires employers to provide, and workers to use, appropriate personal protective equipment (PPE) when "exposed to eye or face hazards from flying particles, molten metal, liquid chemicals, acid or caustic liquids, chemical gases or vapors, or potentially injurious light radiation."
 - OSHA requires front and side protection against flying objects.

2. Emergency eyewashes provide important protection.

- OSHA requires emergency eyewash facilities where there's a risk of eye exposure to corrosive substances.
- Eyewashes must be close to the work area so they're available for immediate use.
 - The faster the eye is flushed, the better the chance that flushing will remove harmful substances.
- Go immediately to an emergency eyewash if eyes are splashed with a hazardous substance.
 - An injured person may have to be guided to the eyewash, as eyes may close involuntarily when splashed with a harmful substance.
- Flush the eyes for 15 minutes with the eyewash solution.
 - Lift the eyelids to flush under them.
- Get immediate medical attention after flushing.



3. Act promptly and carefully if eyes are cut or punctured.

- Get fast, emergency medical attention for eye cuts or punctures, or anything that causes severe eye pain.
- Don't try to remove or wash out an object that has punctured an eye.
- Cover the eye lightly with a bandage.
- Try to get trained emergency personnel to move a person with an eye injury in order to avoid further injury.

4. Get medical help for blows to the eye.

- Place light, cold compresses on the eye if it doesn't cause pain.
- Get medical attention quickly, especially if there's pain, disturbed vision, discoloration, etc.

5. Practice careful first aid to remove particles or dust from eyes.

- Avoid rubbing the eye or pushing the irritant around the eye surface.
- Lift the eyelid, and try to blink the object out with tears.
- If tears aren't enough, use the eyewash to irrigate the eye.
- If the object still doesn't come out, place a light bandage over the eye and get medical attention.

6. Take all eye hazards seriously.

- Be aware of substances, operations, and activities that could harm the eye.
- Use all assigned PPE.
 - Inspect and maintain eye protection properly so it can protect properly.
- Know what to do in an eye emergency and act quickly.
- Get medical attention for all serious eye emergencies and any minor problems that don't clear up promptly.



DISCUSSION POINTS:

Identify emergency eyewash locations with participants and, with a volunteer, demonstrate their use. Emphasize the importance of fast action and medical attention if there's an accident involving the eyes.



CONCLUSION:

- Protect your eyes—and act quickly and correctly.
- If they're harmed, know what eye hazards are present in your job and work area, use PPE to protect against them, and be ready to act quickly if there's an eye injury.



TEST YOUR KNOWLEDGE:

Have your employees take the First Aid for Eyes quiz. By testing their knowledge, you can judge their knowledge of what to do and whether they need to review this important topic again soon.



Eye Injuries or Splashes Demand Fast Action

For hazardous splashes:

- Go immediately to the closest emergency eyewash.
- Flush eyes for 15 minutes.
- Lift lids to flush under them.
- Get prompt medical attention.

For cuts or punctures:

- Don't try to remove or wash out object stuck in the eye.
- Cover eye lightly with bandage.
- Get emergency medical personnel to transport injured person for medical attention.

For blows:

- Place light cold compress on eye.
- Get prompt medical attention.

For dust or specks:

- Avoid rubbing the eye.
- Lift lid and try to blink object out with tears.
- If tears can't remove object, flush eye at eyewash facility.
- If eyewash can't remove object, bandage eye lightly and get medical attention.

