



Eye Safety Training

Presented by: Health Workers Working Healthy (HWWH)

District 1199C
**Training &
Upgrading
Fund**



Preparing Today for Tomorrow's Workplace

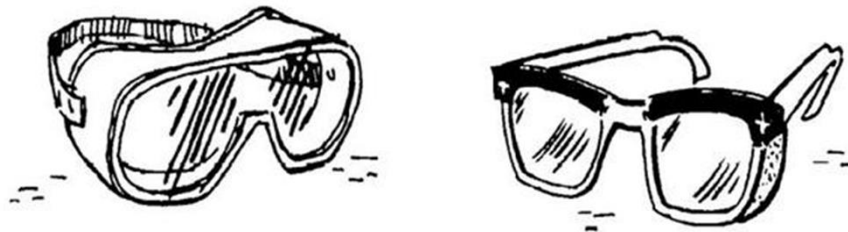
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Learning Objectives

- Types of eye injuries that can happen at work
- How to prevent eye injuries
- How to use an eyewash station
- What to do in case you are injured and can't get to an eyewash station
- Employee rights under OSHA

Why is eye safety important?

- 2,000 eye injuries happen every day to US workers (CDC, 2013)
- 3 out of 5 injured workers were not wearing any eye protection at time of accident (BLS, 2008)
- Injuries are expensive, painful, and sometimes long lasting!



Types of Eye Injuries

- Foreign bodies (getting something stuck in your eye)
- Chemical burns
- Abrasions (scratches)

Types of Eye Injuries

- Biological splashes (blood/bodily fluid/spit)
- Infections



How to prevent eye injuries

- Wear proper eye protection
- Know how to use an eyewash station
- Know what to do when you can't get to an eyewash station



Why is safety eyewear important?

- They block objects, blood and other bodily fluids from getting into your eyes!
- Wearing the right TYPE of eye protection could prevent 90% of eye injuries at work



Eye protection

- Personal protective equipment (PPE) protects workers from injury
- There are many different kinds of PPE, and depending on your work, some are better than others
- When choosing protective eyewear, think about your work and the hazardous chemicals you work with!

OSHA rules about eye and face protection can be found in
OSHA 29 CFR 1910.133

Important things to look for in eye protection

➤ Good fit!

➤ Your eye wear should **NOT** be too tight or too loose!

➤ Special frames for workplace safety

➤ Stamped with **Z87** to show approval

➤ Impact and chemical resistant



Important things to look for in eye protection

➤ Polycarbonate lenses

➤ Resistant to chipping and cracking

➤ Prescription lenses

➤ For those who need glasses to do every day tasks

**Choose the right eye protection
based on your daily tasks!**

Types of Eye Protection

- Safety glasses
- Goggles
- Shields
- Face Shields



Safety Glasses

➤ Lightweight

➤ Protects eyes from splashes, impacts and heat

➤ Side shields to protect eyes from hazards happening around you



Goggles



- Provides full eye coverage from splashes
- Fits over glasses
- Use when working with chemicals or when liquids can spray, splash, or mist

Shields



- Use with OTHER PPE like safety glasses or goggles
- Protects face, nose, mouth, and eyes
- Use to protect from splashes and inhalation of infectious droplets

Face Shields



- Use with OTHER PPE like safety glasses or goggles
- Protects face and eyes from flying splinters, chips and splashes

How to care for your safety eyewear

➤ Clean your eye protection equipment

- Use mild soap and water
- Never use abrasive soaps, rough paper, or cloth towels



How to care for your safety eyewear

➤ Keep PPE in good working condition

➤ If damaged,
replace as soon as
possible



How to care for your safety eyewear

- Store your eye protection equipment in a sanitary, cool, dry area away from moisture
- Also store in a eyeglass case/sleeve/box



How to care for your safety eyewear

➤ If you have any questions concerning your eye protection equipment, talk with your supervisor or safety manager





How to use an eyewash station



RINSE YOUR EYES FOR 15-20 MINUTES!

How long should I use an eyewash for?

**RINSE YOUR EYES
FOR 15-20 MINUTES**



How to use an eyewash station

➤ **Step 1:** Turn eyewash on

➤ Should only need to use one hand

➤ Should stay on without you touching it



How to use an eyewash station



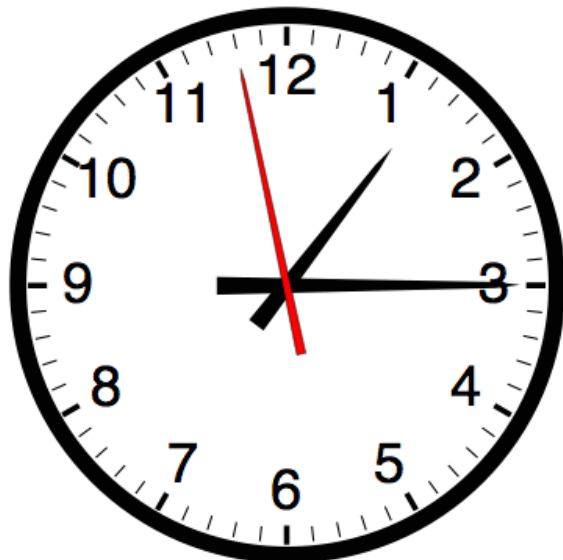
➤ **Step 2:** Bring your face to the running water and hold both eyes open

➤ If you are a contact lens wearer, remove lenses first and then keep rinsing!

➤ DO NOT reuse contaminated contact lenses!

How to use an eyewash station

➤ **Step 3:** Continue rinsing for **15-20 minutes**



How to use an eyewash station

➤ **Step 4:** Seek medical attention and report accident to your supervisor



**RINSE YOUR
EYES BEFORE
YOU DO
ANYTHING ELSE!**

How long should I rinse my eyes for?



➤ **15-20 minutes!**

Ways to remember...

➤ The time it would take you to:

- hard boil an egg in **cold** water
- cook a frozen pizza
- cook some pasta!



Eyewash Regulations

- Eyewash station must be easy to get to!
 - 10 seconds walking time (about 55 feet away)
- Needs to be on the same level as the hazard
 - NO stairs or ramps
- Nothing should be in the way



Eyewash Regulations

- Water should be 'tepid', which means between 60-100 °F
 - Too cold could shock eye
 - Too hot could burn eye
- Workers need to be trained on eyewash use



Eyewash Regulations

➤ Eyewash should be maintained and tested weekly to make sure it is working

➤ Tags show it was tested!

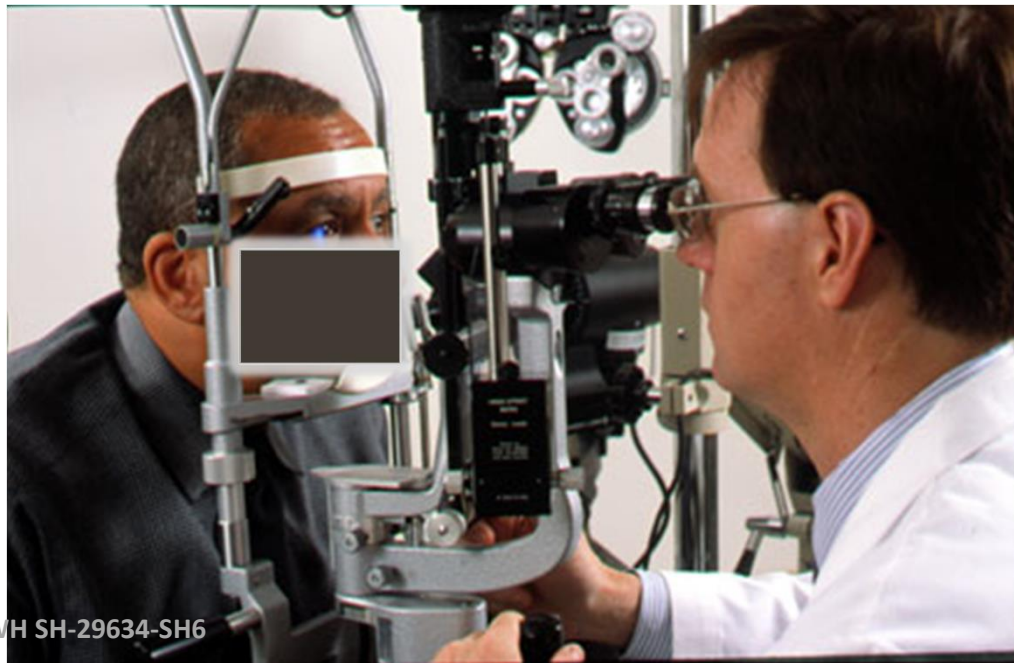
➤ Signs required



Other things you can do to protect your eyes

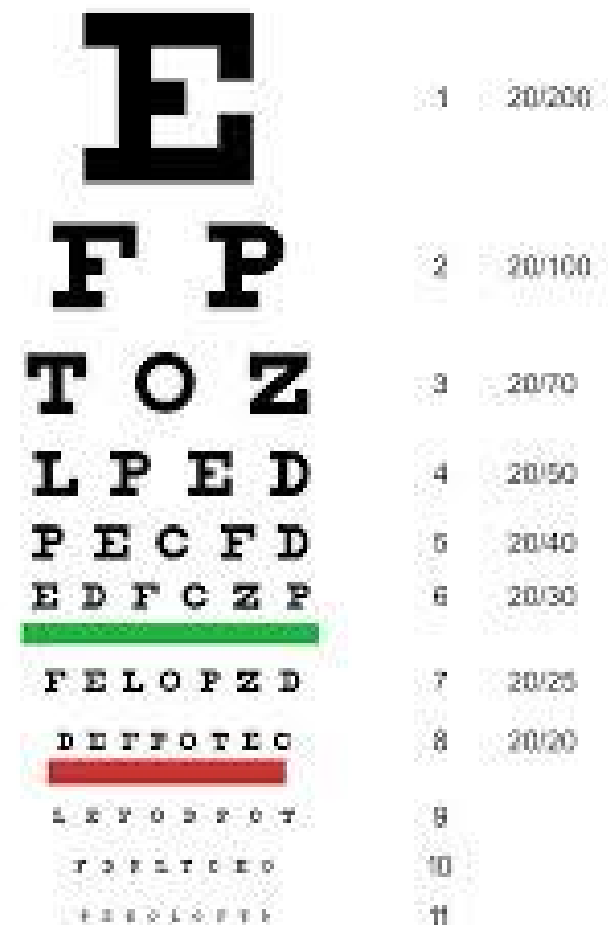
➤ Routine Eye Exams!


➤ Blurry or uncorrected vision can lead to injury



Routine eye exams are important because

- Prescription PPE may be needed
- Screen for other eye health issues
- Follow up after injury





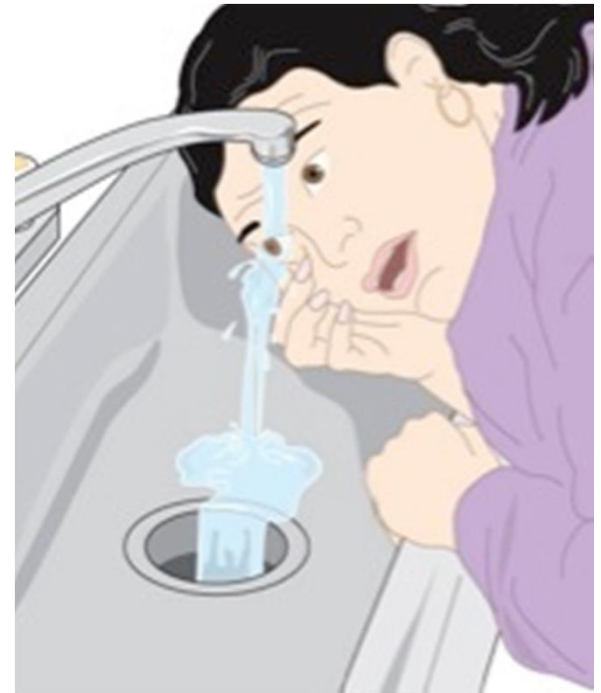
What to do if you can't get to an
eyewash station when you need one

If you get chemicals in your eyes...

**Tell someone and
get medical help!**

If you get chemicals in your eyes...

- Find a clean water source like a large sink
- Holding the eyelids open, flush the eyes for **15-20 minutes**
- Keep flushing until medical help arrives!
- Taking a shower might be best if both eyes are affected



If you get chemicals in your eyes...

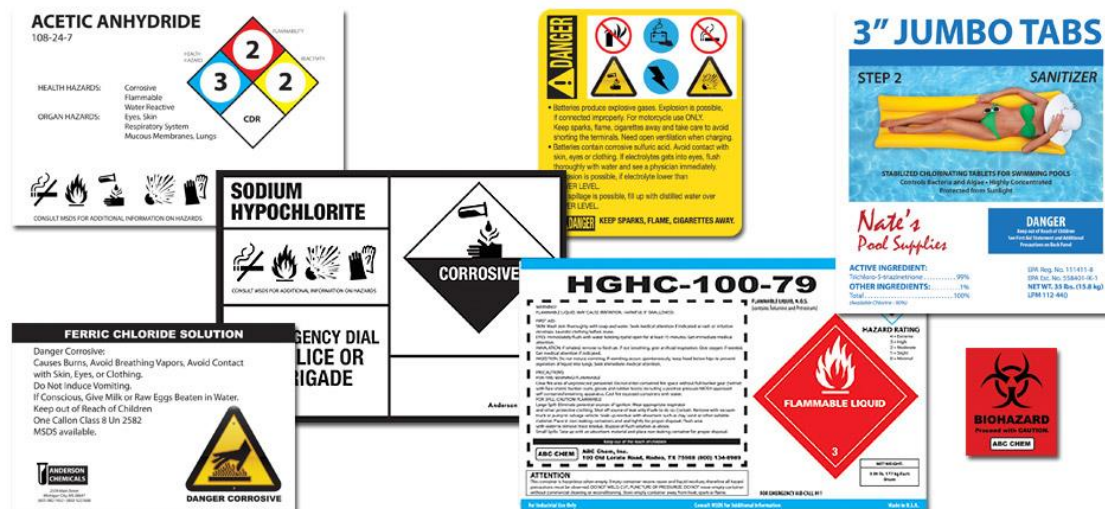
➤ Remove contact lenses!

➤ If contacts don't come out when you flush your eyes, try to remove them after you flush



If you get chemicals in your eyes...

➔ Try to take the label (or the product Safety Data Sheet/SDS) with you to the doctor or hospital so they know what chemicals you were exposed to



Take the SDS or Label With You to the Doctor or Hospital

➔ Ask your supervisor or a coworker to bring the label or SDS to the hospital or to Employee Health

➔ This way, the doctor will know the **best way** to treat your chemical exposure



If you get bodily fluids in your eye...



➤ **REPORT IT!**

➤ Seek medical attention right away

➤ You may need lab tests, vaccines, medicines and/or immunizations



If you get bodily fluids in your eye...

- Always assume bodily fluid carries disease (bloodborne pathogens-BBP)
- Bodily fluid contact with eyes means you might be exposed!
- If you are given medication, make sure you take all of it



If you get a small object in your eye...



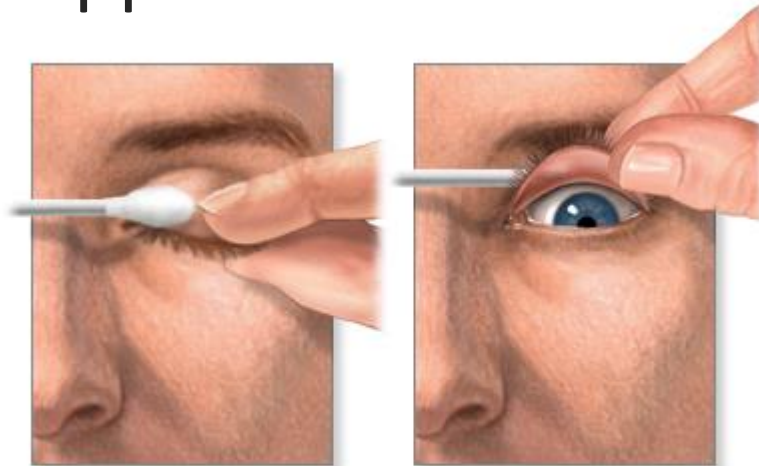
➔ **DON'T RUB!**



➔ **WASH YOUR HANDS
BEFORE TOUCHING YOUR
EYE!**

If you get a small object in your eye...

- If something gets on your eyelid, (not IN your eyes) flush away with clean water
- If that does not work, try touching a clean cotton-tipped swab to the object to remove it.



Twist cotton-tipped
swab upward

Look downward

If you get a small object in your eye...

- Flush your eyes, report it and get medical help!
- If you get rid of the object by flushing your eyes, a scratchy feeling might go away by itself in a day or two.
- Follow up with a doctor to make sure your eyes are OK and there is no lasting damage

If you get a cut or scratch on your eye...

- Do not apply pressure to control the bleeding!
- If blood is pooling in the eye, cover both eyes with a clean cloth or sterile dressing



If you get a cut or scratch on your eye...

- Apply clean, cold cloth to reduce swelling and help stop bleeding
- Seek medical help right away.
- Do not wait!



If an object gets stuck in your eye...

➤ **Call 911!**
Medical EMERGENCY

➤ **Do not** try to remove it yourself.

➤ **Do not** touch it or apply any pressure.



If an object gets stuck in your eye...

- Have someone help you safely cover both eyes with a clean cloth
- Do this even if only one eye is injured to prevent eye movement
- If the object is large, place a paper cup over the injured eye



What to do after eye exposures/injuries

- Flush eyes **FIRST!**
- Tell someone! Report it to your manager or supervisor
- Get medical care
- Follow up with doctor





Employee Rights Under OSHA

Rights of Every Employee

OSHA Rights & Whistleblower Protections

- OSHA laws give workers the right to:
 - Participate in safety and health activities
 - Report work related injuries or illnesses
 - Report safety violations

You cannot be punished for taking part in these activities on or off work!

Retaliation is against the law: No 'Adverse Actions' for Safety Activities

NO:

- Firing or laying off
- Blacklisting
- Demoting
- Denying overtime or promotion
- Denial of benefits
- Disciplining
- Failure to hire or rehire
- Intimidation
- Making threats
- Reassignment affecting prospects for promotion
- Reducing pay or hours

Four (4) Ways to Communicate with OSHA

1. E-mail an Interactive
ONLINE Form
2. Call OSHA
3. In-Person Visit
4. Fax a Complaint



For OSHA Information

➤ How to contact OSHA

➤ www.OSHA.gov

➤ US Department of Labor/OSHA

The Curtis Center-Suite 740 West
170 S. Independence Mall West
Philadelphia, PA 19106-3309

➤ Telephone: (215) 861-4908

➤ Fax: (215) 861-4904

➤ Call their toll-free number: 1-800-321-OSHA (6742);
TTY 1-877-889-5627

➤ **OSHA WILL KEEP YOUR INFORMATION CONFIDENTIAL**

Learning Review

- Types of eye injuries that can happen while at work
- How to prevent eye injuries
- How to use an eyewash station
- What to do in case you are injured and can't get to an eyewash station
- Employee rights under OSHA

For More Information

➤ **Health Workers Working Healthy**

District 1199C Training & Upgrading Fund

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215-568-2220

[*www.1199ctraining.org*](http://www.1199ctraining.org)

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- Tran, M & Major, S "Personal Protective Equipment" *Industrial Hygiene Programs Environmental Health & Safety Department*
- Uline "Safety Products" <http://www.uline.com>

With Thanks To:

➤ Drexel University Graduate School of Public Health