

SAFETY MEMO

February 1st, 2021 – PPE for sight protection.



Did you know?

Why should you protect your eyes?

The human eye is fragile and vulnerable. An injury can have short-term consequences (irritation, conjunctivitis, sight spots, etc.) or longer-term (night vision disturbance, corneal damage, blindness, etc.).

In many industrial environments, it is important to protect your eyes because of the hazards present:

- Mechanical risks: projection of particles, shock.
- Chemical risks: projection of liquid particles, dangerous substances or solutions.
- Thermal risks: molten metal, fire, heat.
- Risks related to radiation: laser, solar, ultraviolet, infrared or even "blue light".

In this case, the employer provides the personnel with the appropriate Personal Protective Equipment (PPE).

In order to choose the most suitable protection, it is essential to carry out an analysis of the risks inherent to each workstation and the associated constraints:

- Workstation environment: brightness, temperature variations liable to generate fogging.
- Activity specific to the workstation: rough or meticulous work, necessary perception of shapes and colors.

This analysis will be carried out jointly with the employer and the main interested party for more efficiency. If the protection is not suitable, it will not be used.

Other characteristics can be considered when choosing eye protection:

- Compatibility with prescription glasses,
- Compatibility with other PPE,
- Comfort.

How to protect yourself well?

There are mainly 3 PPE categories:

- Glasses with branches:



- Goggles:



- Face screens:



Taking care of your PPE

Dirty or deteriorated eye protection can cause visual fatigue or even headaches: it is therefore important to regularly inspect the condition of its protections and to clean them using a suitable product or replace them if necessary.

Further information

- Canadian Center for Occupational Health and Safety (CCOHS) fact sheets:
<https://www.ccohs.ca/oshanswers/prevention/ppe/glasses.html>
- Personal Protective Equipment document by the Occupational Safety and Health Administration (OSHA):
<https://www.osha.gov/Publications/osa3151.pdf>

