

Sight Conservation Training

OBJECTIVES: Upon Completion of this topic, you will be able to:

- Identify the elements of CLEMC'S Sight Conservation program.
- Define a sight hazard and describe how they are marked or identified.
- Describe the various types of eye protection.

Background

- Eye injuries cost industry \$300 million each year in compensation and lost work time. The loss of sight can be devastating and is easily preventable.

Your Eye's Defenses

- Tears self-clean the eyes of foreign materials and irritants.
- The eye lid is a physical barrier to foreign materials, but not sharp objects.

Types of Eye Injuries

- Foreign Bodies
 - Abrasions
 - Contusions
 - Irritation from particles
- Chemical Burns
 - Gases
 - Acids
 - Alkalies
 - Vapors
- Radiation burns
 - Infrared light
 - Ultraviolet light
- Laser

CLEMC'S Sight Conservation Program Elements

1. Identify eye hazardous areas.
2. Eliminate eye hazards.
3. Post eye hazardous areas
4. Provide protection

Eye Protection & Personal Protective Devices

- Must meet American National Standards Institute manufacturing standards,
 - ANSI Z87 or Z87.1 must be stamped on glasses
- Each style / type is designed for a specific hazard.
 - Safety or impact glasses
 - chemical splash goggles
 - impact or chipping goggles
 - UV protection welding helmets
 - welding goggles and face shields
- Each style / type is designed for a specific hazard (*continued*)
 - Laser radiation
 - Plano
 - Prescription

Eye Protection

- When handling strong acids / alkalais, double eye protection is required.
- Face shields must be worn with safety glasses or goggles.
- When working around ultraviolet light (welding or burning), protection is selected for the level of intensity.

Eye Protection (*continued*)

- Regular prescription glasses cannot be worn as safety glasses. Shatter resistant glasses could still cause damage to the eyes from impact accidents.

Emergency Eyewash Stations

- Must meet ANSI Standards
- First aid is flushing eyes with fresh water for 15 minutes
- Flushing is used to dilute strong chemicals
- Required where corrosives are used
 - Battery lockers

Maintenance of Eyewear

- Responsibility of wearer
- Supervisor enforce wearing and maintenance
- Report damage or loss to supervisor

Temporary Protective Eyewear

- Planos (non-prescription glasses) or goggles shall be provided to employees waiting delivery of corrective protective wear.
- Temporary eye wear must also be provided to visitors in eye hazardous areas.

Training

- A training program on the need for and use of protective eyewear shall be conducted at all activities.
- Training must include jobs requiring eye protection, location of nearest eyewash station, and simple first aid measures.

Responsibilities

- User/Worker - Wear provided protective eye wear where required.
- Comply with eye hazard signs.
- Undergo vision testing, as required.
- Maintain protective eyewear in a clean and sanitary condition

Eye Injury First Aid

- Never rub the eyes to remove particles or if eyes are irritated.
- For chemical burns, flush with fresh, cool water for a full 15 minutes, then report to medical.
- For punctures and eye trauma, cover both eyes gently with a soft cloth and get medical treatment.
- Report all minor cuts and eye problems to medical treatment facility. A minor scratch could lead to an eye infection possibly causing scar tissue and loss of sight.

Review and Summary

There are many processes and work situations which are a potential hazard to the eyes. Frequent minor mishaps are corneal abrasions and particles in the eye. Many non-industrial jobs, such as dusting overheads, can also be hazardous and may require eye protection. Always remember, your sight is worth more than a few minutes of your time to put on proper eye wear.