

— June 2005 —



## Tips on Eye Protection

Your eyes are the only ones you will ever have. They are not replaceable. If you want them to last a lifetime, you need to protect them now.

Recognize situations that are dangerous to your eyes.

- Working in or around tree branches
- Using power tools like drills, grinders, saws, etc.
- Using hand tools like chisels, axes, any tools you strike
- Pouring, mixing, or applying chemicals
- Using a chain saw
- Using a string trimmer
- Welding
- Anywhere a flying particle could hit you in the eye
- Anywhere you could get poked in the eye
- Anywhere chemical splash or spray could hit you in the eye
- Being in the sun for extended periods of time (ultraviolet radiation)

---

Safety Training for Employers and Supervisors of Adolescent Farmworkers



## Always use proper eye protection

- Approved safety glasses (not simple sun glasses or eye glasses) are needed to protect against flying particles or being poked.
- Protection from the side is needed as well as from the front.
- Goggles and face shields are even better when working with lots of flying particles, like around metal chips, in very dusty environments, or when pouring or mixing chemicals.
- Properly tinted safety glasses for outdoor use are needed to protect against ultraviolet rays.
- Welding requires special welding helmets and lenses. When chipping slag from a weld, always have eye protection.
- Certain chemicals require special chemical goggles.

## Never take shortcuts

- It only takes one chip or poke to destroy an eye.
- Don't skip eye protection just because you are in a hurry or only drilling one hole, making one saw cut, or doing something for a very short period of time.
- Always ask a supervisor if you have a question.

---

## Safety Training for Employers and Supervisors of Adolescent Farmworkers

