

Eye and Head Protection

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Summary

There is always potential for an eye or head injury at the work site. Flying particles from grinding, chiseling, sawing, and other processes can cause serious eye injury. There is also the hazard of getting harmful liquids or even spray paint in your eyes. Falling objects can hit your head. Machinery, ductwork, ceiling tie wires, and forms can cause you to bump your head. Many times, hazards are created by coworkers or workers in another trade. You can't possibly do your work and constantly know what every other person around you is doing. It is best to wear eye and head protection at all times.

Eye Protection

There are four classes of eye protection:

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| 1. Safety Spectacles | 2. Eye Shields | 3. Goggles | 4. Face Shields |
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- They all give protection from flying particles of one type or another, it is important that you use the specified type; to minimize the risk of injury and to ensure you keep your sight.
- You have a legal duty to use eye protection when signage is displayed, you should never enter an eye protection zone unless your eyes are properly protected.
- Don't just walk past someone not wearing eye protection correctly in an eye protection zone - tell them to put it on!
- Always use the correct class of eye protection e.g. standard safety specs are not suitable when grinding, or steam cleaning.
- Make sure your eye protection fits you comfortably and does not hinder your view.
- Look after your eye protection, keep it clean, return it to a suitable container after use and report any damage or loss to your supervisor.

EYE PROTECTION IS REPLACEABLE, EYES ARE NOT!

Head Protection

The brain is the control center of the body. The slightest damage to any part of the brain will cause malfunction of some area of the body. The skull, under normal circumstances, protects the brain. But when a possibility of injury from falling or flying objects exists, additional protection is required.

The better you take care of your hard hat, the better it will take care of you. Here are some suggestions:

- Hard hats should be checked regularly for cracks, broken areas or signs of deterioration.
- Properly adjust suspension systems to maintain clearance between your head and the shell of your hat.
- Check the suspension assembly for normal wear and tear.
- Don't cut holes for ventilation. Don't heat and bend.
- Don't put anything under it except your head; this includes cigarettes and notebooks.
- The sun's ultraviolet rays can alter the properties of a hat left in the back window of your vehicle.
- Hard hats are designed for impact must be designed to the American National Safety Standard (ANSI) standard Z89.2-1971.

The hard hat is a useful piece of safety equipment, and OSHA has indicated that if any part of a job is a hard hat area, the entire job is.

HARD HATS CANNOT PREVENT ACCIDENTS, BUT THEY CAN PREVENT SERIOUS INJURY!