

### Student Handout

#### Eye injuries

Loss of an eye can change your life forever, even preventing you from getting some types of jobs. Less severe eye injuries can be very painful, and take months to heal. Most eye injuries can be prevented with the use of protective equipment.

Your employer is responsible for determining what type of eye protection, such as safety glasses with or without side shields, or goggles with or without ventilation, you require for any task that involves exposure to materials likely to injure or irritate the eyes.

#### Examples of hazards

- flying particles and debris
- chemical splashes
- dust
- ultraviolet, infrared, and visible light

#### Safety tips

- Be sure your eye and face protection have Canadian Standards Association (CSA) certification.
- If you wear glasses with glass lenses, and are doing a task that has a danger of impact, wear your glasses behind impact-rated goggles or other eye protection.
- Know where the emergency eye wash station is located and know how to use it.
- Clean your safety glasses regularly and store them in a clean dry place when not in use.

