

Every day in Canada, 200 workers sustain on-the-job eye injuries.

The vast majority of them are preventable by using proper eyewear and following safety measures.

Most industrial eye injuries can be prevented by wearing the right protection on the job. Protective eyewear includes:

- Non-prescription and prescription safety glasses
- Goggles
- Face shields
- Welding helmets
- Full-face respirators



Whatever the protection, it is important to properly maintain and store it, to ensure shelf life and to maximize protection. Here are some other things to keep in mind when it comes to safety eyewear:

- Always wear protective eyewear that was specifically designed for the task at hand.
- Keep your safety glasses on even when you wear other protection like a welding helmet or face shield. Flying chips or dust can get under the shield if you lift the visor.
- Match your eye protection to the hazard: goggles that protect you from dust may not protect you from splashes or radiation.
- Clean lenses with water or a lens-cleaning solution to float dirt away, rather than scratching it into the lens.
- Look for the Canadian Standards Association (CSA) mark on safety eyewear. This stamp ensures that it meets or exceeds existing CSA safety standards.
- Make sure the equipment fits properly. It should be snug but not uncomfortable.
- Never tamper with your equipment.
- Inspect plastic visors or protectors for scratches that may limit vision or cracks that can weaken the structural strength.
- Choose eye protection with polycarbonate lenses. Polycarbonate is impact and scratch resistant. Polycarbonate lenses are better at transmitting light and providing clear vision, and they are the thinnest and lightest lenses available.
- Always keep a spare pair of protective eyewear handy, just in case.

Workers should wear safety eyewear whenever there is a chance of eye injury. In addition, anyone visiting or passing through areas that pose eye hazards should wear

protective eyewear. Contact lens wearers must be especially careful and should always wear protective eyewear on site: dust and other particles can become lodged under the lens and can cause irritations or infections. Workers who work in the sun or using equipment that exposes them to ultraviolet radiation should also use appropriate eye protection.

Source: [www.cnib.ca](http://www.cnib.ca), Eye Safety

### Fit of Eye Protection

Ensure your safety glasses fit properly. Eye size, bridge size and temple length all vary. Safety glasses should be individually assigned and fitted. Wear safety glasses so that the temples fit comfortably over the ears. The frame should be as close to the face as possible and adequately supported by the bridge of the nose.

### Care of Eye Protection

Safety glasses need maintenance. Clean your safety glasses daily. Follow the manufacturer's instructions. Avoid rough handling that can scratch lenses. Scratches impair vision and can weaken lenses. Store your safety glasses in a clean, dry place where they cannot fall or be stepped on. Keep them in a case when they are not being worn. Replace scratched, pitted, broken, bent or ill-fitting glasses. Damaged glasses interfere with vision and do not provide protection.

Replace damaged parts only with identical parts from the original manufacturer to ensure the same safety rating.

Source: [www.ccohs.ca](http://www.ccohs.ca)

### Occupational Health and Safety Regulations State:

*Eye and face protectors*

7-8 (1) *If there is a risk of irritation or injury to the face or eyes of a worker from flying objects or particles, splashing liquids, molten metal or ultraviolet, visible or infrared radiation, an employer or contractor shall provide industrial eye or face protectors and require the worker to use them.*

(2) *If an industrial eye or face protector is required by these regulations to be provided or used, the industrial eye or face protector must be approved.*

(3) *An employer or contractor shall take all reasonable steps to ensure that a worker does not perform electric arc welding if another worker may be exposed to radiation from the arc, unless the other worker is using a suitable industrial eye protector or is protected from the radiation by a suitable screen.*

(4) *A worker shall not perform electric arc welding if another worker may be exposed to radiation from the arc, unless the other worker is using a suitable industrial eye protector or is protected from the radiation by a suitable screen.*

OH&S Regulations, 2020

# Tool Box Talk

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When accidents and incidents happen on the jobsite, we are always quick to point the finger at lack of training, not following practices or procedures, or even improper supervision. The idea that the hazards and dangers associated with the job were not properly communicated to all of the workers is often missed.

Tool Box Talks can go by many names, and although formats may vary, these meetings all serve one purpose: to inform employees and contract workers. Tool Box Talks are short, informal, meetings between management and the workers on a jobsite. The goal of these meetings is to reinforce current safe job procedures, inform workers of new and/or relevant procedures, review recent safety violations/incidents, and ensure workers are up-to-date on the information required to complete their work safely.

Always use a Tool Box Talk form to record the meeting topic, date, who was in attendance, and any follow-up actions to be taken. Not only do these forms help with consistency of record keeping, but they also ensure that nothing is missed. At the end of the meeting have management sign off on the form.

One of the most important aspects of a Tool Box Talk is giving workers an opportunity to voice their concerns and ask questions. All employees have a right to participate in health and safety as it relates to their work and it is the supervisor or manager's responsibility to create an environment for them to do so. Once the meeting is over, and the form is filled out, it should be filed with other documented Tool Box Talks.

Remember that Tool Box Talks are short and informal, they are not meant to be intimidating. Use the opportunity to have fun and stay on top of what is necessary to keep safety culture a strong part of the business.

For a full listing of Tool Box Talk topics, visit: [www.scsaonline.ca/resources/tool-box-talks](http://www.scsaonline.ca/resources/tool-box-talks)

For a copy of the Tool Box Talk form, visit: [www.scsaonline.ca/pdf/Tool\\_Box\\_Meeting.pdf](http://www.scsaonline.ca/pdf/Tool_Box_Meeting.pdf)

## About the Saskatchewan Construction Safety Association

The Saskatchewan Construction Safety Association (SCSA) is an industry-funded, membership-based, nonprofit organization that provides cost-effective, accessible safety training and advice to employers and employees in the construction industry throughout the province to reduce the human and financial losses associated with injuries. Registered March 20, 1995, the SCSA is, and has been since inception, committed to injury prevention. Serving almost 10,000 member companies with business offices in both Regina and Saskatoon, the major business units of the association are Advisory Services, Business Development, Corporate Services, Program Services and Training. The mission of the SCSA is constructing safety leadership in Saskatchewan and the vision is to create the safest construction environment in Canada.