Whether it’s a physical object that hits your eye, or a biological or chemical hazard that causes the damage, it’s clear that wearing eye protection at all times is a good idea. It’s not surprising that many companies and jobsites have already made eye protection mandatory as part of their commitment to employee health and well-being.

What to wear

Wearing the right kind of protection can prevent most eye injuries. Safety glasses with sideshields are considered the basic standard for eye protection on construction sites, but it’s important to match the type of protection to the specific hazard. For example, goggles that protect your eyes from dust and other physical hazards may not protect your eyes from radiation or a chemical splash. All safety glasses and goggles should be CSA-approved, which means you should see the CSA logo on the frames. In order to protect you the way they are designed to, your safety glasses should fit securely.

If you’re a welder, your safety glasses should also have a shade number marked on them. Always keep your safety glasses on, even when you remove other personal protective equipment such as a welding helmet or faceshield. When you raise your visor or shield, you may still be exposed to flying chips, dust, or other hazards.

If you already wear regular glasses or contact lenses to correct your eyesight, you should wear prescription safety glasses on the site. Avoid wearing contact lenses—dust and other particles can get under the lens and irritate your eyes. It is important to replace your prescription safety glasses if they are scratched or damaged or if your eyeglass prescription has changed.

Consider making eye protection mandatory on your jobsite. Make eye protection your next safety talk by visiting ihsa.ca/safetytalks