

SAFETY GLASSES MAINTENANCE

Safety glasses are an essential part of your personal protective equipment. They're designed to prevent serious eye injuries in the workplace. And just like any piece of equipment, they need proper care to do their job effectively.

Taking care of your safety glasses helps ensure they stay in good condition and continue to protect you when it counts.

SAFETY GLASSES MAINTENANCE:

- Caring for Your Eye Protection
- Eye Protection Reminders



BC Forest Safety

Safety is **good** business

SAFETY GLASSES MAINTENANCE



10 Good Habits for Caring for Your Safety Glasses: Establish a maintenance routine for your safety glasses. Following these ten tips to make sure you get as much mileage out of them as possible.

1. **Clean daily.** Rinse glasses under cool water and dry with a soft cloth.
2. **Use lens cleaner.** It removes residues that water alone can't. Avoid soap.
3. **Clean sides and ear pieces.** Dirt and grime from these areas can end up on your lenses, so clean them regularly.
4. **Avoid abrasive cleaners.** They can scratch lenses.
5. **Don't use household cleaners.** They can damage special coatings. Instead, use warm water and a soft cloth.
6. **Inspect them daily.** Check for cracks or damage before each use to ensure safety.
7. **Store Properly.** Store glasses in a hard case or microfiber pouch. Even an old sock can work in a pinch.
8. **Use a retention strap.** This keeps glasses accessible and protects them when not in use.
9. **Replace when needed.** Damaged glasses can't protect you properly. If yours are worn out, ask your supervisor for a new pair.
10. **Use anti-fog solutions.** They keep lenses clear, especially in humid or high-activity environments.

Eye Protection Reminders: Wearing your safety glasses should be second nature. Here are six simple reminders to help you stay safe and make eye protection part of your daily routine:

1. **Don't wear contact lenses on site.** Dust and other particles can get trapped under the lens and cause irritation. If you need to wear contact lenses, wear the right eye protection as well and let your supervisor know.
2. **Keep your safety glasses on - even under other gear.** When you wear other protection such as a welding helmet or face shield your eyes can still be exposed to hazards. Safety glasses add an extra layer of protection especially if you lift up the visor or shield and may be exposed to flying chips, dust or other hazards.
3. **Choose the right eye protection.** Not all eye protection is the same and hazards vary based on the task at hand. Goggles that block dust won't help against chemical splashes or radiation. Match your gear to the hazard.
4. **Make sure it fits well.** Snug-fitting eyewear stays in place and offers better protection.
5. **Treat eye injuries immediately.** If an eye injury occurs, get first aid right away no matter how minor it may seem.
6. **Get regular eye exams.** Have your eyes checked every couple of years to catch any eye problems and ensure your vision stays sharp.

REMEMBER:

Safety glasses are essential PPE to keep you safe. You have only have one pair of eyes. Make them last a lifetime.

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