

Eye Protection: True or False



- **Prescription eyewear will work for my safety eyewear.**
- **Safety glasses protects my eyes from all safety hazards.**
- **Only tinted lenses provide protection from UV rays.**
- **Safety eyewear is only needed in the workplace.**



Safety Eyewear Myth #1 – Prescription eyewear will work for my safety eyewear.

Your ordinary prescription eyeglasses, even if you add removable side shields, do not provide the level of protection necessary to protect against workplace hazards. To be considered safety compliant, prescription eyewear must meet OSHA standards for high impact protection. Prescription eyewear that meets this requirement is marked with the manufacturer's trademark and "Z87-2" on the upper/outer corner of the lens. Wearing ordinary prescription street eyewear in the workplace could result in a severe eye injury or even permanent vision loss.

Safety Eyewear Myth #2 – Safety glasses protects my eyes from all safety hazards.

While safety glasses do an excellent job protecting eyes from everyday impact hazards, they cannot protect from ALL safety hazards. For example, safety glasses cannot adequately protect where liquid splash is a potential risk; therefore, goggles should be worn instead. Keep in mind; safety glasses cannot protect you from EVERY impact either. A projectile with enough velocity or mass could penetrate your safety glasses and cause eye damage. Individuals may need to use a face shield where ultra high-speed or high-mass impacts could occur, such as when using an angle grinder or similar power tools. To determine adequate protective eye wear perform a thorough hazard assessment and PPE evaluation.

Safety Eyewear Myth #3 – Only tinted lenses provide protection from UV rays.

Lens tints exist for aiding visibility, not UV protection. In fact, shaded sunglasses without UV protection can do more harm than no sunglasses at all because they dilate the pupil and

open it up for *more exposure* to harmful UV light. Fortunately, the vast majority of today's safety glass lenses are made of some form of polycarbonate, which naturally blocks 99.9% of UV light. So, even safety glasses with clear polycarbonate lenses will provide excellent UV protection.

Safety Eyewear Myth #5 – Safety eyewear is only needed in the workplace.

Safety professionals estimate that 50% of eye injuries happen in the home. And 78% of those individuals were not wearing protective eyewear at the time of injury. Wearing protective eyewear during home activities will reduce your chances of an eye injury dramatically.