

Eye Protection

About 10 minutes to deliver

Glasses, goggles or shield — picking for the hazard, and what to do in the first seconds after something gets in an eye.

Around 2,000 eye injuries happen at work every day in the United States, and the great majority would have been prevented by protection the person owned and was not wearing.

PICK FOR THE HAZARD, NOT FOR HABIT

- Safety glasses with side shields — the baseline. Flying particles, general work. They must be marked Z87 or Z87+; a fashion pair from a petrol station is not eye protection.
- Goggles — anything that can splash, and any fine dust. Glasses have gaps at the sides and above; a chemical splash finds them, and so does concrete dust.
- Face shield over glasses or goggles — grinding, chipping, cutting, high-pressure washing, molten material. A shield alone is never enough, because it protects the face and lets things come up underneath.
- Welding filters at the right shade for the process and amperage, and the same protection for the helper standing next to the arc.

FIT AND CONDITION

- Scratched or pitted lenses get replaced. You will stop wearing something you cannot see through.
- They have to fit. Sliding down a nose means they end up on a forehead.
- Over-the-glasses versions exist for prescription wearers, or prescription safety glasses. Ordinary spectacles are not eye protection.

IF SOMETHING GETS IN AN EYE

- Do not rub. Rubbing turns a particle sitting on the surface into a scratched cornea.
- Flush at the eyewash for 15 minutes, holding the lid open, rolling the eye. Fifteen minutes is far longer than it feels — time it.
- Chemical splash: flush first, ask questions afterwards, and take the safety data sheet with you to medical.
- Embedded object: do not pull it out. Cover both eyes to stop them tracking, and get to hospital. Covering both matters because the injured eye follows the good one.
- Report it. An injury that seems minor at 3pm can be an infection or a lasting scar by the weekend.

ASK THE CREW

- Where is the nearest eyewash, and when was it last flushed?
- Is anyone here wearing prescription glasses instead of eye protection?
- What tasks today need a face shield rather than just glasses?

29 CFR 1926.102 · 29 CFR 1910.133

This is a toolbox talk, not a course. It is general awareness on one topic — not site-specific, not a hazard assessment, and not a substitute for assessment of your workplace by a competent person, your written programs, or manufacturers' instructions. It does not by itself satisfy any OSHA training requirement. Regulations change; verify against the current standard. Whoever delivers it is responsible for deciding it is suitable and sufficient for the work. Where a talk covers first aid, resuscitation, or mental health it is general safety information, not medical advice, not a substitute for professional medical care or certified emergency-response training, and it confers no certification — in an emergency, call 911. Free to print and use, as is, with no warranty of any kind. Migna Safety Solutions · training.mignasafetysolutions.com

v2026-09-08 · <https://training.mignasafetysolutions.com/toolbox-talks/eye-protection>

ATTENDANCE RECORD

Eye Protection

About 10 minutes to deliver · 29 CFR 1926.102 · 29 CFR 1910.133

Date

Job / site

Delivered by

Company

#	Print name	Signature	Date
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			

I delivered this talk and determined it was suitable for this crew and this work.

Form supplied by Migna Safety Solutions · v2026-09-08 · <https://training.mignasafetysolutions.com/toolbox-talks/eye-protection>

Keep this sheet with your training records. This form is supplied blank by Migna Safety Solutions — we did not deliver this session, were not present, and make no representation about what was said or who attended. A toolbox talk is general awareness on one topic and does not by itself satisfy any OSHA training requirement. The employer remains responsible for site-specific hazard assessment and for the training its workers are required to have. Where a talk covers first aid, resuscitation, or mental health it is general safety information, not medical advice, and confers no certification — in an emergency, call 911. Free to print and use, as is, with no warranty of any kind. training.mignasafetysolutions.com