

- ◆ Remove contact lenses, if applicable.
- ◆ Turn on the shower.
- ◆ Hold the eyelids apart to keep eyes open.
- ◆ Rinse eyes abundantly while rolling your eyeballs continuously.
- ◆ Rinse eyes for a minimum of 20 minutes.
- ◆ Lift eyelids from time to time in order to ensure thorough rinsing.
- ◆ Consult a physician.

## LEGAL REFERENCES

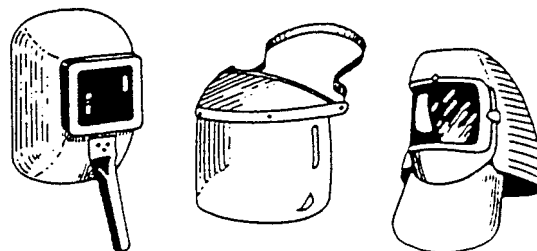
Standard CSA Z94.3-99

Regulation respecting industrial and commercial establishments, Section 12.3.1

### Welding flashes

**The appearance of the symptoms of welding flashes is sometimes delayed for up to six to nine hours after exposure. Workers will feel a burning or tingling sensation in the eyes. The pain is often severe and accompanied by high sensitivity to light. Do not rub your eyes or use medication (drops, ointment, etc.). Call a physician immediately.**

**\* Extract from: Auto Prévention, Vol. 14, N°1, March 2000, published by the Association sectorielle services automobiles (our translation)**



## Reading Material

*Protecteurs oculaires et faciaux pour l'industrie; norme Z94.3-99; CSA International*

*La prévention des accidents aux yeux; Guide d'information; Association paritaire pour la santé et la sécurité du travail – secteur fabrication de produits en métal et produits électriques (available at the Préventex Reference Center (PRC, MO-102318)*

*Eye Protection; Coastal Video Communications Corp.; 1992; 16 pages (PRC, BR-220144)*

*Personal Protective Equipment; Communications Corp.; 1994, 1992; 16 pages (PRC, BR-220137)*

*Safety Eyewear: Vanity Meets Protection; Safety & Health – June 1991; pages 80-81 (PRC, AP-220619)*

*Pilote, Diane, o.o.d.: L'ajustement des lunettes de sécurité comportant des lentilles ophtalmiques; congrès de l'AQHSST; 8 pages; (PRC, MO-160336)*

*Chandler, Hayley: Safety Eyewear Right Before Your Eyes; OHS Canada OCT/NOV 1997; 3 pages; (PRC, AP-054049)*

*Eye Protection: The Eyes Have It; Australian Safety News – May 1997; 5 pages; (PRC, AP-220911)*

*Pourquoi porter des lunettes de sécurité? La prévention des lésions aux yeux et au visage; Sachez doucher cet œil; Blessure à l'œil: réagir vite et bien; Auto Prévention, march 2000, vol.14 No 1; Association sectorielle services automobiles*

[www.leaderatwork.com](http://www.leaderatwork.com)  
(Safety eyewear manufacturer)

## “Safety glasses are useless; there are no hazards in the plant.”

The Health and Safety Committee has identified hazards to the eyes and face. They have taken measures to eliminate or control hazards at the source. Where this is impossible, safety eyeglasses are mandatory.

## EMPLOYERS CAN EXERCISE THEIR RIGHT TO REQUIRE THAT SAFETY EYEGLASSES BE WORN BY EVERY WORKER IN ALL PLANT LOCATIONS.

## WHAT IS THE RECOMMENDED PROTECTION EYEWEAR ?

There isn't a model suitable for every situation. You should make your choice according to the hazards identified. Safety glasses should protect workers and be comfortable.

### What do the specialists think ?

The Quebec Association of Optometrists recommends wearing safety glasses in industrial environments and when carrying out hazardous work at home.

The Association recommends lenses made from a polycarbonate base because of their resistance to high and low velocity impact. A warning: since this type of lenses is mass produced, check for defects that may impair vision. If you choose glass or plastic lenses, make sure they are thick enough to withstand impact.

Lenses should be changed as soon as they are scratched. Scratches can affect optical qualities and even shock resistance. Change lenses that have been subjected to frequent temperature variations since this can also affect their degree of resistance, especially polycarbonate lenses.

## EYE INJURIES: REACT QUICKLY AND APPROPRIATELY !\*

Eyes are precious, but they are highly vulnerable. When injuries involve the eyes, it is critical to know exactly what to do in order to limit damages.

## NOTE THAT MOST EYE AND EYE BURN INJURIES REQUIRE MEDICAL ATTENTION. IF YOU WITNESS AN EYE INJURY, CALL AN AMBULANCE IMMEDIATELY.

### Dust

Avoid rubbing your eyes. Natural tear flow is often sufficient to eliminate dust.

### Foreign body

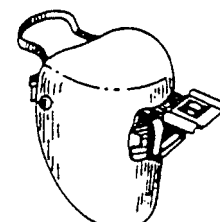
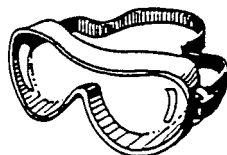
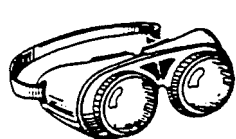
Do not rub your eyes or apply pressure. Never attempt to remove a foreign body from the eyes: this could push the particle further in and aggravate the injury. Wait for first-aid assistance.

### Chemical burns

If acid or other chemical substance splashes your eyes, you must react quickly. Do not wait for medical assistance.



- ◆ Make your way to the eye shower within 10 seconds. This means that you should be able to reach it with your eyes closed. You can practice doing this to be prepared.





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## HOW TO RESPOND TO OBJECTIONS FROM WORKERS

### “I already wear prescription glasses and I do not need eye protection.”

Prescription glasses do not protect against shocks and offer no lateral protection because they do not cover the eyes completely. Some safety eyeglasses are designed to be worn over prescription glasses. They are recommended only if workers use them sporadically; otherwise, prescription safety glasses should be provided.

### “Does the employer have to supply prescription safety glasses?”

The obligation of employers is to protect workers from hazards. They can supply face screens worn over glasses or safety goggles. However, prescription safety glasses should be provided for precision work.

### “Safety eyewear is always ugly, too big or too small.”

Many models are available on the market, in sizes to fit all face shapes. Employers cannot be forced to offer “nice looking” safety glasses. However, workers will tend to neglect wearing them if the glasses are truly uncomfortable. It is in the advantage of employers to provide safety glasses that suit workers well.

### “I wear contact lenses so I do not need safety glasses.”

This is absolutely false. Contact lenses offer no protection whatsoever.

### “Wearing contact lenses at work can be dangerous.”

Contact lenses are not harmful as such but if worn without eye protection, they can absorb fumes and splashes and release them gradually into the eye.

### “I work in a hot and humid environment; my glasses fog up and this impairs my vision.”

There are anti-fog safety glasses on the market for work in hot and humid environments. Some models are also equipped with air vents on sides or top of glasses.

### “Eyeglasses and visors scratch quickly and dust sticks to the lenses, so I cannot see well.”

Choose antistatic eyeglasses treated against scratching.

### “My glasses are always sliding down my nose.”

If this is caused by humidity, choose models with ventilation. If the glasses are too big, change the nose pad or choose another model. If the situation is due to the position of your head, select a model with a fastener at the back of the head.

### “Safety glasses interfere with my ear protection.”

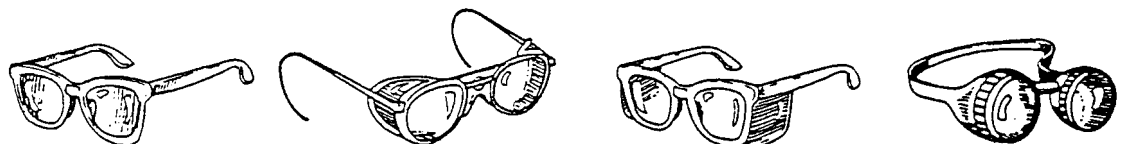
Use ear plugs or use glasses with very thin, tight temples. Some manufacturers also recommend glasses with straight temples rather than curved ones.

### “Safety glasses give me a headache and increase eye fatigue.”

Models of poor quality cause this type of problem. Select glasses with high optical quality that meet standard Z94.3-99.

### “My safety glasses are not comfortable.”

Prescription eyeglasses are uncomfortable too! Check glasses adjustment; choose them according to weight, lens size, nose pad and temple adjustment, etc. Manufacturers offer several models.







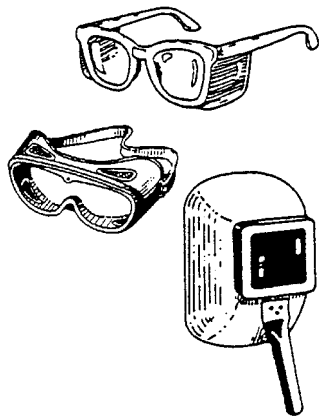
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# PRÉVENTEX

## Préventex

Association  
paritaire  
du textile

INFORMATION BULLETIN  
Volume 18, number 2  
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### Steps you can take

*How to respond to  
objections from workers*

*What is the recommended  
protection eyewear ?*

*Eye injuries: React quickly  
and appropriately !*

*Legal References*

## EYE AND FACE PROTECTION

# Let's look the problem in the eye

In 1998, there were 108 accidents involving eye injuries in the textile and knitting industry, or a little under one occurrence every three calendar days. 410 work days were consequently lost and direct compensation costs reached over \$35,000. What can Health and Safety Committees do to bring the numbers down ? This information bulletin aims to provide a few answers to that question.

### STEPS YOU CAN TAKE

1. Define a policy regarding eye and face protection, establishing the allocated budget, the procedures for equipment distribution, repair and replacement, as well as the position of management on prescription safety glasses. The document should also include company regulation concerning the circumstances where eye protection is mandatory.
2. Identify eye and face hazards in the plant. According to 1998 statistics, dust particles and metal sparks are the main causes of eye injury in our sector. Yet other sources of hazards should not be neglected, such as splashes of chemical dyes, airborne dust particles generated by cleaning weaving looms and sparks produced by machinery work at mechanics workshops.
3. Evaluate the frequency and seriousness of potential injuries for each of the hazards identified at the preceding step.
4. Find solutions for eliminating or controlling hazards at source wherever possible. Here are some methods applicable to our sector: use containers with pouring spouts or equipped with taps to transfer liquids, or use pumps or pipes; prohibit the use of compressed air to clean up, suggesting a vacuuming system instead.
5. Review the individual protection equipment available on the market; choose equipment appropriate to the hazards identified. For example: select anti-fog glasses in a hot and humid workplace environment.
6. Ask workers to test the products you have selected. The equipment should be comfortable and easy to use.
7. Once testing is completed, distribute safety glasses to workers and hold a meeting to explain the new policy, the hazards and the means that have been taken to eliminate them or protect workers. Take advantage of the meeting to introduce the chosen models of protection eyewear.
8. Place signs in the areas of the plant where eye protection is mandatory.