

6 Tips for Protecting Your Eyes



1 Always Means Always
Say it and mean it, “Always wear eye protection.” Goggles and safety glasses don’t protect when they’re not worn properly.

2 Make the Right Choice
Know the difference between goggles and safety glasses. Match the eyewear to the hazard for best protection.

3 Beware of Incoming
It’s not just chemicals—glassware can break unexpectedly, and sharps and debris fly.

4 Keep Them Clean
Always have clean goggles and safety glasses available. Dirty eyewear impairs vision and may lead to accidents.

5 Keep Flushing
If a chemical splashes into your eyes, remove contact lenses immediately and flush your eyes for at least 15-20 minutes.

6 Respect the Eyewash
Make sure it is easily accessible; a few seconds can make a big difference.