CrewSigned

Eye Safety Toolbox Talk

5-minute read-aloud · Last reviewed November 24, 2026

You only get one pair of eyes. Every day about two thousand workers in this country hurt their eyes badly enough on the job to need medical treatment, and safety experts say the right eye protection could prevent most of those injuries or make them less severe. Today we are talking about how to make sure that is not one of us.

Eyes get hurt in a few ways. Flying particles from cutting, grinding, drilling, chipping, nailing and sweeping. Dust that blows into your eyes on a windy day. Chemical splashes from cleaners, concrete, solvents and fuel. Bright light and heat from welding and cutting. And impact from a branch, a wire or a tool that slips.

Most injuries happen to people who were not wearing eye protection, or who were wearing the wrong kind. Regular glasses and sunglasses are not safety glasses. Real safety eyewear has Z87 marked on the frame and is built to take an impact. If you wear prescription glasses, get prescription safety glasses or wear goggles that fit over yours.

Match the protection to the hazard. Safety glasses with side shields are the minimum for most work on site. When there is a lot of dust or a splash hazard, wear goggles that seal around your eyes. When you are grinding, using a chop saw or handling chemicals, add a face shield, but always over glasses or goggles, never by itself. Welding and torch work need the right shade of lens.

Wear it the whole time. A lot of injuries happen when people lift their glasses for a second to see better, or take them off right after cutting while dust is still in the air. Keep your lenses clean, and swap them out when they are scratched so you are not tempted to take them off. Clean dust off your face and hair before you take your protection off.

Know where the eyewash is. If you get a chemical in your eye, flush it right away with clean water for at least fifteen minutes, holding your eyelids open. Then get medical help. For a particle stuck in your eye, do not rub it. Do not try to remove anything embedded in the eye. Cover it lightly and get medical care.

Safety glasses are cheap. Your eyesight is not.

Discussion questions

1. What tasks on this job call for goggles or a face shield and not just safety glasses?
2. Where is the nearest eyewash, and does it work?
3. What would you do in the first ten seconds if a coworker got a chemical splash in the eye?

OSHA standard

29 CFR 1910.133, Eye and face protection
https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.133

SOURCES

OSHA Safety and Health Topics, Eye and Face Protection: https://www.osha.gov/eye-face-protection
NIOSH, Eye Safety for Workers: https://www.cdc.gov/niosh/ppe/eye-safety/
Personal Protective Equipment (OSHA 3151): https://www.osha.gov/sites/default/files/publications/OSHA3151.pdf

This talk does not replace training that an OSHA standard requires. Scripts are based on OSHA and NIOSH publications and rewritten in plain language.

Safety Meeting Sign-In Sheet

TOPIC
Eye Safety Toolbox Talk

COMPANY

JOB / SITE

DATE

TIME

PRESENTER

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