



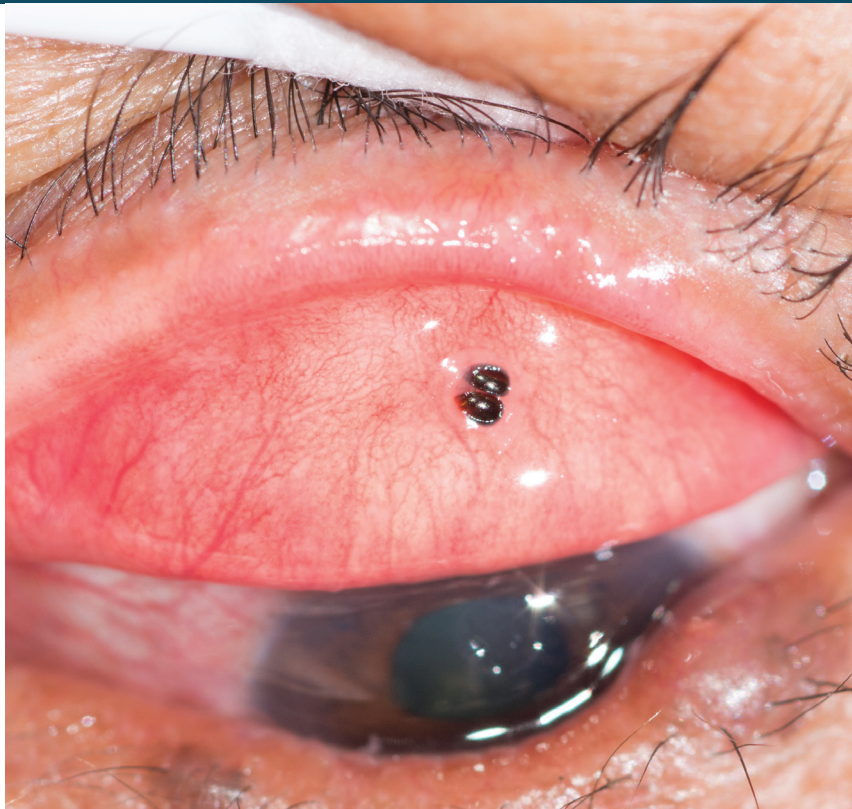
Toolbox Talk

March 2024



Eye Safety

Your eyes are one of the most important parts of your body, and it's essential to keep them safe while you're at work. Eye injuries can be incredibly painful and even lead to permanent vision loss, which is why it's vital to take steps to protect your eyes.



Common ways eyes are damaged at work

There are lots of ways that your eyes can be damaged at work. Some of the most common ways include:

FLYING DEBRIS

This can come from tools, machinery, or even coworkers working nearby.

CHEMICAL SPLASHES

Some chemicals can cause severe damage if they get in your eyes.

RADIATION EXPOSURE

This can come from welding, UV lamps, or other sources of radiation.

EYE STRAIN

Spending long periods looking at detailed work can cause eye strain, resulting in discomfort or headaches.

The six types of safety glasses that fit the face

To help protect your eyes from harm, you can wear several types of safety glasses. Glasses that fit the face are the most effective as they stop foreign bodies from getting into your eyes. Here are six types of safety glasses that fit the face:



Wraparound glasses

These glasses wrap around your face to protect the eyes from all angles.



Face shields

Face shields cover your entire face and are ideal for situations where there's a risk of flying debris or large objects.



Side shields

Side shields attach to regular prescription glasses to add extra protection to the sides of your eyes.



Welding helmets

Welding helmets protect your eyes and face from harmful radiation.



Goggles

Goggles cover your entire eye area and are ideal for situations with chemical exposure risk.



Safety glasses with prescription lenses

If you wear prescription glasses, you can get safety glasses with prescription lenses.

Tips for eye safety

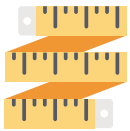
Here are some tips to keep your eyes safe while you're at work:



Wear the right safety glasses for the **task** you're performing.



Always wear a **welding helmet** while you are welding



Make sure your safety glasses **fit properly** and are comfortable to wear.



Take breaks to give your eyes a rest when you are doing detailed work.



Keep your **work area clean** and tidy to reduce the risk of flying debris.



Wash your hands well after handling chemicals to prevent accidental eye exposure.



Brush off clothing and hair after working to get rid of any dust metal fragments.



Wear **double eye protection** to be extra safe – safety glasses and face shield.

Summary

Your eyes are essential and protecting them while you're at work is vital. By wearing the right safety glasses, keeping your work area clean, and taking breaks when needed, you can help prevent eye injuries. Protecting your eyes is essential, so be sure to take the necessary steps to keep them safe.





Remember **STAAR** = Good Work Practices **Stop Think Assess Act Review**

Health and safety reps

Your Health and Safety (H&S) Reps are here to represent and assist you (apprentices) in all health and safety matters. If you would like to talk to an H&S Rep or have any H&S issues, feel free to contact any one of them. They will be more than happy to help.

ATNZ Staff

Kylie Mason	027 431 5877
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Health and safety summary January/February

Remember to keep reporting accidents and incidents so we can all learn from them.

It's great to see near misses being reported and we encourage you to keep reporting these so we can prevent an actual injury happening.

- S** Stop
- T** Think
- A** Assess
- A** Act
- R** Review

Lost time injuries	0
First aid injuries	5
No injury	0
Medical treatment injuries	1
Near miss	0
Non work injuries	1
Restricted work injuries	0
Pain/discomfort	0
Total Incident	7

Incidents

First aid injury	Metal in eye
Nature of injury	Foreign body
Incident	Apprentice was using a dye grinder on a stainless box and a bit of the tiny shavings went into their left eye. They were wearing safety glasses at the time
Immediate actions taken	First aid applied and went to doctor for further assessment
Corrective actions	Follow STAAR process. Communication to staff to ensure secondary form of PPE (face shield) is worn to reduce foreign objects entering the eye
First aid injury	Back sprain
Nature of injury	Manual handling
Incident	While rearranging stock within the warehouse, apprentice went to move a large decanter hub, from one storage pallet to another. While trying to manoeuvre the decanter into place, felt lower back twinge, causing pain and a little discomfort
Immediate actions taken	First aid applied and monitored for further issues
Corrective actions	Ensure correct lifting techniques are used and ask for help when lifting larger items. Consider using manual handling devices if available or asking for help to lift items
Medical treatment injury	Cut to hand
Nature of injury	Hitting objects with part of body
Incident	Apprentice was trying to remove a lug cover (plastic) on a chain. The force used to remove plastic caused imbalance and also exposed a sharp edge on the weld where lug had snapped off causing a cut to hand that required stitching
Immediate actions taken	First aid applied and went to doctor for further assessment
Corrective actions	In future use a tool instead of hands to remove plastic covering to access chain. Consider using gloves and apply STAAR prior to completing task
First aid injury	Face
Nature of injury	Being hit by moving object
Incident	Apprentice was using a ratchet load binder to pull tank shells together. The strap hook was slid in behind a lip and held under tension. The apprentice gave the ratchet an extra couple of clicks and the hook slid out of place. The pressure of released tension flung the load binder back into the apprentice's face causing cuts to nose and lip
Immediate actions taken	First aid applied
Corrective actions	Location of Load Binder Hook, was not adequate for the tension being exerted on the tensioner and Hook placement (not hooked into an eyelet) just held against lip under tension. Workshop Manager to make a tight fitting eyelet latch to attach load binder hook securely

Incidents

First aid injury	Shoulder sprain
Nature of injury	Non-powered hand tools/equipment (e.g. stanley knife)
Incident	While straightening frames (from welding) using a sledge Hammer to correct and angle, the apprentice swung the hammer and felt a twinge in R shoulder upper arm region. Continued to work but pain and discomfort got worse. Over the few days off work (weekend) shoulder had calmed down, but then returned to work and using a smaller hammer the pain returned
Immediate actions taken	Rested over the long weekend Went to doctor for further assessment and had scans, no visible damage found, instructed to continue with medication and monitor
Corrective actions	When doing prolonged heavy movement ensure regular breaks are taken. Stop as soon as pain is felt and report. Apply STAAR prior to completing task and consider if task could be completed using different methods
First aid injury	Back pain
Nature of injury	Repetitive movement with low muscle loading
Incident	Strained back at some point during the day - a lot of kneeling and crouching in tight spaces, moving from kneeling to standing. No particular event identified
Immediate actions taken	Rested over weekend and monitor for further issues
Corrective actions	Follow STAAR process. Communication to all staff to be aware and take time completing tasks