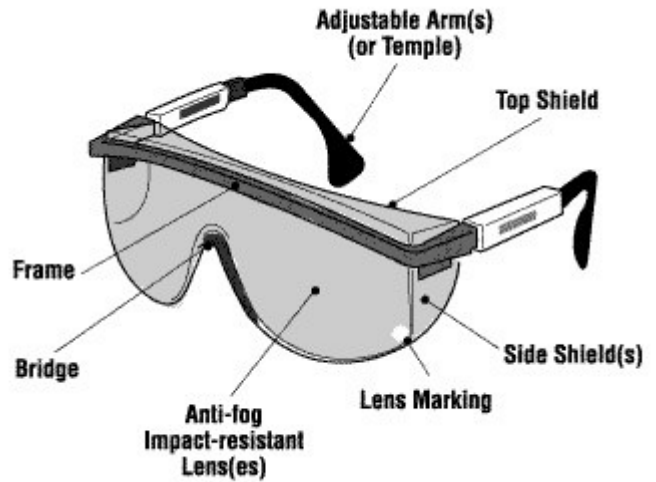
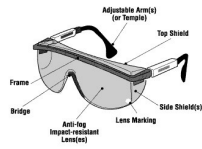


## Use eye protection in the Shed



Wearing eye protection appropriate for the task can significantly reduce the risk of injury. Always buy eye protection that complies with Australian Standards. General recommendations include:

- **low impact protection** – for tasks including chipping, riveting, spalling, hammering and managing a strap under tension. Recommended protection includes safety glasses, safety glasses with side shields, safety clip-ons, eye cup goggles, wide vision goggles, eye shields and face shields. Choose items with the Australian Standards mark:
- **medium impact protection** – for tasks including scaling, grinding and machining metals, some woodworking tasks, stone dressing, wire handling and brick cutting. Recommended protection includes safety glasses with side shields, safety clip-ons, eye cup goggles, wide vision goggles, eye shields and face shields. Choose items marked with the Australian Standards mark, and with the letter 'I' to signify it is appropriate for medium impact protection
- **high impact protection** – for tasks including explosive power tools and nail guns. Recommended protection includes face shields marked with the Australian Standards mark, and with the letter 'V' to signify it is appropriate for high impact protection
- **welding protection** – filters and shields with the Australian Standards mark
- **chemical handling** – wide-vision goggles, eye shields or face shields marked with the Australian Standards mark and the letter 'C' to signify it is splashproof and appropriate for chemical handling
- **dust** – goggles marked with the Australian Standards mark and the letter 'D' to signify it is appropriate for protection against dust.

### Prescription glasses, sunglasses and contact lenses

In most cases, ordinary eyewear such as prescription glasses, sunglasses and contact lenses do not offer adequate protection against injury.

Contact lenses may worsen an eye injury. For example, a chemical splashed in the eye may concentrate within or beneath the contact lens. Appropriate eye protection must be worn even if you wear prescription glasses, sunglasses or contact lenses.

### First aid – general suggestions

In all cases of eye injury, seek immediate medical help. Injuries that seem minor can sometimes cause permanent damage, including vision loss. First aid treatment differs slightly depending on the type of injury.

Suggestions include:

- cuts, punctures or embedded objects – do not rub the eye. Do not wash or flush the eye. Do not try to remove an embedded object. Gently cover the injured eye with an eye pad or shield secured with tape
- dust or loose particles – do not rub the eye. Flush the dust or loose particles with clean water
- chemical splash – do not rub the eye. Flush with clean running water for at least 15 minutes. You may need to hold the eye open with clean fingers. Alkaline chemicals are especially dangerous to the eyes, so take particular care that these chemicals, especially powders, are flushed from the area thoroughly.

These first aid suggestions are not a substitute for first aid training or professional medical help.

# Safety Footwear



**When at the Men's Shed, you will be exposed to hazards not normally found in most homes. Safety is of the utmost importance. The following text is taken from Workcover Qld's Injury Prevention Guidelines and will be enforced while you are at the Shed.**

**'Sensible' footwear** for most work tasks has these features:

- flat shoes and enclosed shoes
- well fastened and firmly grip the foot
- flexible, cushioned sole
- support and grip around the heel
- comfortable to wear all shift
- sole tread suited to likely 'contaminants' without the tread becoming clogged
- tread kept clean and in good condition.

**'Slip-resistant' footwear** for workers more exposed to slips has these additional features:

- specifically chosen to suit the workplace and tasks ('try before you buy' if possible)
- non-slip performance on both wet and dry if required – they may differ
- well-defined tread pattern – the more edges, the firmer the grip
- bevelled or rounded heel edge
- rubber soles offer more slip resistance on wet floors than polyurethane soles
- tread patterns suited to the size and type of contaminants (e.g. indoor work on smooth floors with thin liquid contaminants may have flexible soles with fine tread, while shoes used in rough outdoor areas require deeper, larger treads, and/or the addition of special cleats or studs to provide extra traction).

⇒ Whilst steel-capped boots may not be necessary, ones with strong uppers are recommended to protect the feet should tools or the like fall on them.

⇒ Thongs, sandals or any open style shoes must not be worn, and you will not be allowed in the shed if wearing them.

⇒ Watch your step.



**HEARING PROTECTION  
MUST BE WORN  
WHEN EQUIPMENT  
IS OPERATING**



**GLOVES  
MUST BE WORN  
IN THIS AREA**