

# SAFETY TRAINING GOUGE #2

## SIGHT CONSERVATION



### What Can You Do?

Sight injuries are preventable. One way to prevent mishaps is to inspect division spaces daily so that you can find out which Sailors are not wearing their sight personal protective equipment (PPE). *Trust* but *verify!*

If Sailors aren't wearing their PPE, ask them why. Is it damaged? Does it not fit? Are there no consequences for not adhering to the standard operating procedures (SOP)?

You may not believe it, but if you get your shipmates involved, you might find it makes your job easier. Ask your shipmates to help you come up with a plan for rewarding Sailors who always do the right thing by wearing their PPE. By working as a team, you and your shipmates can help prevent "near misses" or incidents that almost happened

Afloat safety officers have a challenging and very important role at their commands. "Safety Training Gouge" briefs help safety officers and division officers meet their bi-monthly training requirements. Modify and use these topics at quarters or muster. You can also check the Naval Safety Center website at [www.public.navy.mil/navsafecen/](http://www.public.navy.mil/navsafecen/) weekly as we work to develop a series of safety gouge briefs. Please let us know how we can help you and your command by emailing LTJG Melissa Balint at [melissa.balint@navy.mil](mailto:melissa.balint@navy.mil).

# CAUSES OF EYE INJURIES

- Abrasive grinding
- Acids or solvents
- Battery charging or repair
- Brazing
- Buffing & polishing (with power tools)
- Chipping or chiseling
- Cutting & welding metal
- Drilling
- Operations that produce dust and particles
- Engraving (machine)
- Irritations from fibers
- Lasers
- Metalizing & metal spraying
- Particles in smoke or fumes
- Paint stripping
- Radiation burns
- Sanding (power)
- Warfighting and operational training
- Wire brushing
- Woodworking

## Types of sight PPE

- ⇒ Safety glasses/spectacles
- ⇒ Chemical goggles
- ⇒ Welding goggles & helmets
- ⇒ Chipping goggles
- ⇒ Face shields (secondary protection)
- ⇒ Ballistic eye protection devices

Wear the right type of protection for the hazard. Wear a welding shield while welding, not your weekend sunglasses.

*When in doubt, refer to the Eye and Face Protection Selection Chart and Welding Filter Shade Protection Chart, Table B5-A-1*

## Online Resources

### OPNAVINST 5100.19 Series

Department of the Navy Issuances  
<http://doni.daps.dla.mil/default.aspx>

Naval Safety Center  
<http://www.public.navy.mil/navsafecen/pages/home.aspx>

Naval Safety and Environmental Training Center  
<http://www.public.navy.mil/navsafecen/navsafenvtracen/pages/default.aspx>

Afloat Training Toolbox  
<https://atg.surfor.navy.mil/toolbox/private/index.htm>

## Sight Conservation ORM

**ASSESS:** Label all identified "eye hazardous" areas and equipment with yellow & black caution signs. Mark the area with yellow & black striping or checkerboard tape on the deck. Reduce hazards by isolating the process and adding PPE safeguards.

**BALANCE RESOURCES:** Provide eye protection. Work with medical to ensure individuals have completed eye exams (if required) and to obtain prescription safety glasses. Regular prescription glasses can't be worn as safety glasses. Safety eyewear must have permanent side shields that meet the ANSI test requirements for that specific frame. Side shields are not to be removed by employees.

**COMMUNICATE:** Train your team to understand the types of eye hazards, what eye protection they should use and how to properly wear it. Train them to know where the eye wash stations are located and how to properly use them (especially when working with corrosive materials).

## NEED TO ORDER NEW PPE?

- (1) Go to the Naval Safety Center website at [www.public.navy.mil/navsafecen/](http://www.public.navy.mil/navsafecen/)
- (2) Click on Afloat, Surface Warfare
- (3) Click on References (lower right hand box)
- (4) Click on Afloat Shopping Guide 2011
- (5) This will bring you to the Naval Safety Center's Shipboard Safety Equipment Shopping Guide.

# Are You Inspection Ready?

## HERE ARE SOME WAYS TO IDENTIFY YOUR COMMAND'S DEFICIENCIES.

- Have you read your latest Industrial Hygiene (IH) survey? Use it to add to your list of areas/processes that require eye protection and areas that require an eye wash or deluge shower facilities.
- Are areas with contain permanently installed, eye-hazardous equipment and processes marked with three-inch black-and-yellow deck striping, checkerboard tape or similarly painted? Is there a sign that says, "CAUTION: EYE PROTECTION REQUIRED IN THIS AREA"? (*Signs, NSN 9905-01-100-8203; Deck Striping NSN 9905-01-342-5933/34; Reference: OPNAVINST 5100.19E para B0504B*)
- Is your eye PPE clean and operational? It must be sanitized with hot, soapy water, rinsed free of residue, cleaned with disinfectant, rinsed again and air dried. Report damaged PPE immediately to the work-center supervisor (*Reference: OPNAVINST 5100.19E para B0504B*).
- Has your division officer or work center supervisor trained Sailors in the eye-hazard areas as identified by the IH survey?

## Welding

- Are Sailors in areas that are adjacent to welding areas and who are exposed to arc-produced UV radiation protected by welding screens or other eye protection? Are bulkheads, lockers, reflective surfaces and the overhead (line of sight of welding table surface) painted black to minimize UV exposure? [*Reference: OPNAVINST 5100.19E, para C1102b(8)*]
- Is there a non-flammable welding curtain in the workspace? Does it fully enclose the welding area? Is it torn or in a deteriorated condition? [*Ref NAVSEA MIL-C-24576; OPNAVINST 5100.19E para C1102a(8) and b(1)(e) and (f)*]



## Problem Areas

- Eyewash stations were not installed where required.
- On surface ships, locations for eye/face wash units include: main and auxiliary machine spaces, IC gyro, battery changing areas, medical treatment area, chemical, water testing and medical laboratories. Darkrooms and X-ray developing areas (if liquid chemicals are used), hazardous material issue/storerooms, paint mixing and issue rooms. Additional areas indicated by IH survey.
- Areas for combination shower/eyewash units include corrosive containing areas: oxygen-nitrogen producer room, battery shop or locker, combat systems areas handling Isopar® fluids, boiler repair shop, rubber and plastic shop, composite material repair shop and non-destructive and inspection shops.
- Plumbed eyewash stations had inoperable parts and/or did not reflect proper PMS.
- Required eyewash signs were missing.
- No emergency eyewash sign was posted as required.
- Plumbed eyewash stations had broken/missing valves, dirty bowls, missing caps, clogged screens.
- Eyewash stations were in obstructed locations, more than 10 seconds from travel.
- Supply valves on plumbed eyewash/shower stations were not properly locked open and labeled as circle ("W") fittings.
- Plumbed and self-contained eyewashes did not meet the minimum flow rate of 0.4 gal/min for 15 minutes.
- Portable Eyewash stations were not installed correctly 33" to 45" off the deck.

*References: PMS MIP 6600, OPNAVINST 5100.19 series, Ship's Baseline IH Survey*

# Are You Inspection Ready?

## Eye Washes

- Are Sailors in areas that are adjacent to welding areas and who are exposed to arc-produced UV radiation protected by welding screens or other eye protection? Are bulkheads, lockers, reflective surfaces and the overhead (line of sight of welding table surface) painted black to minimize UV exposure? [Ref (a): OPNAVINST 5100.19E, C1102B8]
- Have all eye washes and deluge shower facilities been installed according to the IH survey and is adequate eye protection available in these areas? (Reference: OPNAVINST 5100.19 Series B0501a, B0502b and B0508b)
- Have you inspected the eye wash facility installation? Stations shouldn't be less than 33 inches or more than 45 inches above the deck and 6 inches from the nearest wall or obstruction. [Reference: OPNAVINST 5100.19 Series B05048a (6)]
- Have your shipmates walk the space. Can your shipmate reach the eyewash within 10 seconds or 100 feet from the hazard? [Reference: OPNAVINST 5100.19 Series B0508a(4) and (5)]
- Do the eye wash stations have a paddle or pull strap and a stay-open valve? In other words, does the valve remain open without the use of the operator's hands? [Reference: OPNAVINST 5100.19 Series B0508.A(3)]
- Are the eyewash nozzles protected with a cover (such as plastic caps or cups)? Do the caps come off automatically when the eye wash is turned on? [Reference: OPNAVINST 5100.19 Series B0508.a(7)]
- Do plumbed and self-contained eyewash stations meet the minimum flow rate of 0.4 gallons per minute for 15 minutes? Is the water velocity low enough to not cause an eye injury? Is the water tepid (60–100 °F)? [Reference: OPNAVINST 5100.19 Series B0508a (1), (2) and (8)]
- Is PMS being scheduled and conducted? Can you provide documentation? [Reference: OPNAVINST 5100.19 Series B0508A (10); PMS MIP 6600/002 Q-6]
- Are all eyewash stations clearly marked with an "Emergency Eyewash" sign that is green with white lettering? [Reference: OPNAVINST 5100.19 Series B0508a (11)]
- Are supply valves on plumbed eyewash/shower stations locked with a metal, tamper-proof lanyard and marked as "W" (or circle "W") fitting? [Reference: OPNAVINST 5100.19 Series B0508a(9)]



Good luck getting to this eyewash! station!

This is not an authorized eyewash station.

