

SAFETY EYEWEAR

Why should I wear safety eyewear?

- Safety eyewear is your last line of defense for protecting your eyes and can make the difference between an eye injury and a close call. **Know the whys, whens, and whats of safety eyewear.** ¹

When should I wear safety eyewear?

- Whenever you are in a lab, even doing something that doesn't seem to require safety eyewear, wear proper eye protection at all times. ²

What kind of safety eyewear do I need?

- Choose safety eyewear based on your overall exposure risk, not just the specific work you are doing. The lab environment is dynamic, and many of its hazards are not directly related to your activities. ³
- Eye hazards come in three categories: physical, chemical, and light (electromagnetic radiation), each with their own risks and appropriate protections. ⁴
- Some hazards, particularly those involving lots of energy or aggressive chemicals, can pose a risk to your entire face. A face shield provides additional protection but is **not** a substitute for safety eyewear! ⁵

Additional Resources

- Contact Dr. Dan Kuespert, Laboratory Safety Advocate, at 410-516-5525 or dkuespert@jhu.edu for more information about this or other safety notes.

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Not Rocket Science: A JHU Safety Note

- Contact Mr. Niel Leon, Laser Safety Advocate, at 913-302-8500 or nleon1@jhu.edu for more information about protecting your eyes from high-intensity light.
 - For further information on safety eyewear and other important lab safety concepts check out Dr. Dan Kuespert's textbook [*Research Laboratory Safety*](#).
1. JHU Policy on Safety [Eyewear](#)
 2. When to Wear [Safety Eyewear](#)
 3. Choosing [Safety Eyewear](#)
 4. [Physical](#), [Chemical](#), and [High-Intensity Light](#) Hazards
 5. Wearing a [Face Shield](#)

DISCUSSION QUESTIONS

- To what lab hazards are you exposed? What about the hazards from things you don't personally do, like gas cylinders that aren't yours?
- What types of safety eyewear are needed for your lab environment?
- Does anything you do need a face shield in addition to eye protection?

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