

Workplace Safety Quiz

Nearly one million Americans have lost some degree of sight to an eye injury. According to the Bureau of Labor Statistics, more than 20,000 workplace eye injuries occur each year that require time off of work. Learn more about protecting your eyes by taking this quiz.

1. Safety glasses can be bad for your eyes. ☐ T ☐ F
2. Using a computer terminal won't damage your eyes. ☐ T ☐ F
3. Safety glasses that have scratches or pits do not need to be replaced. ☐ T ☐ F
4. Contact lenses provide enough safety in a work environment so you don't need safety glasses. ☐ T ☐ F
5. Face shields by themselves offer adequate eye protection. ☐ T ☐ F
6. Industrial safety glasses can be made with your own prescription. ☐ T ☐ F
7. All eyeglasses sold in the U.S. are required to be impact resistant. ☐ T ☐ F
8. The differences between glass, plastic and polycarbonate lenses are minimal. ☐ T ☐ F
9. Proper occupational safety eyewear is available outside the workplace. ☐ T ☐ F
10. Serious eye injuries usually happen only at work. ☐ T ☐ F



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(continued)



Safety Quiz Answers

1. **FALSE:** Safety eyewear is made of optical-quality glass or plastic. Looking through them, even for long periods of time, will not affect your vision.
2. **TRUE:** There is no clinical evidence showing that video display terminals (VDTs) can damage your eyes.
3. **FALSE:** Protective eyewear with scratched, pitted lenses or damaged frames are less resistant to impact and should be replaced. Safety eyewear should be regularly cleaned, inspected, repaired and, if necessary, replaced.
4. **FALSE:** Contact lenses can be used in the workplace but ONLY when worn with other appropriate eye protection.
5. **FALSE:** A face shield provides adequate protection only when used together with the right safety glasses or goggles.
6. **TRUE:** Industrial lenses can be made to fit most prescriptions.
7. **TRUE:** But, there's a catch: while all eyeglasses must be impact resistant, they are not impact-proof. Industrial-type safety eyewear (both lenses and frames) must meet more stringent standards than regular eyeglasses or sunglasses. Protective eyewear that meets the industrial standard, ANSI Z-87, must be marked with the manufacturer's logo on each lens and with "Z-87" on all component parts (frames, temples, etc.).
8. **FALSE:** Polycarbonate lenses are by far the strongest and most impact resistant. Plastic and polycarbonate lenses are lighter, protect against welding splatter and are not as likely to fog. Glass lenses provide good scratch resistance and can withstand chemical exposure.
9. **TRUE:** Hardware stores, home care centers, safety equipment suppliers and optical shops are good places to start. Protectors for home use must have the ANSI Z-87 mark on their frames. Sports protectors should indicate that they have been tested for the appropriate sport.
10. **FALSE:** There are also many home activities that require industrial grade eye protection and sports that require special sports protectors. Not wearing protective eye gear may cause serious eye injuries.