



Safety Eye Q Quiz



Circle “true” or “false” for each of the following questions.

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



Safety Eye Q Quiz

Answer Key

1. **True** **False** Safety glasses can be bad for your eyes.
False: Safety eyewear is made of optical-quality glass or plastic.

2. **True** **False** Using a computer terminal won't damage your eyes.
True: There is no clinical evidence showing that video display terminals can damage your eyes.

3. **True** **False** Safety glasses that have scratches or pits do not need to be replaced.
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. **True** **False** Contact lenses provide enough safety so you don't need safety glasses.
False: Other appropriate eyewear should be worn with contact lenses.

5. **True** **False** Face shields by themselves offer adequate protection.
False: A face shield provides adequate protection only when worn with the right safety glasses or goggles.

6. **True** **False** Industrial safety glasses can be made with your own prescription.
True: Safety eyewear can be made to fit most prescriptions.

7. **True** **False** All eyeglasses sold in the U.S. are required to be impact resistant.
True: But, while eyeglasses must be impact resistant, they are not impact proof.

8. **True** **False** The differences between glass, plastic, and polycarbonate lenses are minimal.
False: Polycarbonate lenses are by far the strongest and most impact resistant. Plastic and polycarbonate lenses are lighter. Glass lenses provide good scratch resistance and can withstand chemical exposure.

9. **True** **False** Serious eye injuries usually only happen at work.
False: There are also many home activities that require eye protection and sports that require special sports protectors. Not wearing protective gear can lead to injury.