Although they don’t tend to make the headlines, eye injuries result in countless hours of lost work time for farmers and ranchers. Here are some practical tips for protecting your vision.
WHAT ARE THE DANGERS ASSOCIATED WITH WELDING?

Acetylene torch welding and cutting can expose you to visible, infrared (IR), and sometimes UV light radiation. Arc welding exposes you to all three forms of light radiation and can damage the cornea and cause a painful “flash burn.”

HOW CAN I PROTECT MY EYES WHEN I AM WELDING?

Wear welding filter lenses that are designed to protect the eyes from visible, IR and UV rays. Choose the darkest shade that still allows you to complete the task. Welding filter lenses are rated from 2 to 14 (lightest to darkest). National Institute for Occupational Safety and Health recommends at least a 4 rating. Start by selecting a shade that is too dark to see the weld zone, then switch to a lighter shade which gives sufficient view. There are also welding masks available with shields that automatically adjust to the light.

WHAT ARE SOME GOOD SOURCES OF EYE PROTECTION EQUIPMENT FOR WELDING?

Most farm supply and hardware retailers carry sunglasses, safety glasses, goggles and welding masks with filtering lenses. Mail order and Internet-based safety suppliers are also an option.