

## >> TOOLBOX TALK – Welder’s Flash (Part 2)

This toolbox talk, **Welder’s Flash (Part 2)**, discusses ways to treat welder’s flash.

It’s recommended that the toolbox talk, **Welder’s Flash (Part 1)** be reviewed before reviewing this toolbox talk.

Part 1 discussed:

- What welder’s flash is;
- How welder’s flash happens;
- Symptoms of welder’s flash; and
- Ways to protect yourself from welder’s flash.



### Treating Welder's Flash

There are several things you can do if you suspect that you have welder’s flash:

1. **Wash hands thoroughly and remove contact lenses** if possible. It’s very important to close the affected eye to: let it rest; protect it from further damage; and prevent bacteria from entering the eye.

2. **Use gauze pads.** Place gauze pads in cold water. Wring out excess water and lie back. Place the cold gauze pads over the eye and keep them in place until they are warm. Repeat the process if you are still experiencing pain or swelling.

3. **Place an eye patch over your affected eye to protect it during sleep.** Take a dry gauze pad and fold it into a square, and place that over your eye. Cover the gauze pad with an eye patch to keep a bit of extra pressure on the eyelid and to help keep it closed.

4. **Wear dark sunglasses with UV protection** when being exposed to sunlight or bright light, as the light strain can delay healing in an eye with flash burn, as well as cause additional pain. Even if you have the affected eye shut, strain on your good eye can cause strain on the affected eye. If possible rest in a dark room.

5. **Take an over-the-counter anti-inflammatory,** such as ibuprofen, aspirin or naproxen, to relieve the pain and swelling.

6. **See a physician immediately for proper diagnosis.** If the pain is severe or your vision is blurred, it may be indicative of a more serious flash burn. With any eye injury it is important to see a physician. What feels like a minor case of welder’s flash may actually be a foreign body in the eye. The doctor might give you eye drops to relieve the pain.

Newfoundland & Labrador OHS Regulations Section 452 addresses protection of workers that are exposed to welding operations in the workplace.

Complete and attached **Toolbox Meeting Form** and process as per company policy.

Material adapted for NLCSA, with permission, from Saskatchewan Construction Safety Association.



**TOOLBOX MEETING FORM**

Date: \_\_\_\_\_ Project: \_\_\_\_\_

Supervisor: \_\_\_\_\_ No. in Crew: \_\_\_\_\_ No. Attending: \_\_\_\_\_

**Review Last Meeting:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

	<b>Names of Attendees (Signature Required)</b>
<b>Topics Discussed (policies, practices, procedures, hazard assessment):</b>	
<b>Suggestions Offered:</b>	
<b>Action(s) to be Taken:</b>	
<b>Injuries/Accidents Reviewed:</b>	

**Supervisor's Remarks:** \_\_\_\_\_

**Signature:** \_\_\_\_\_