

SOLAR ECLIPSE

What is a Solar Eclipse?

A solar eclipse occurs when the moon partially or completely covers the sun. While this is extraordinary to witness, important measures must be taken for your protection.

Hazard

However tempting it may be to look directly at this phenomenon, it's important to know that the sun's ultraviolet (UV) light can harm your eyes. Overexposure can cause blurry or distorted vision, blind spots and, it can lead to long-term vision problems. Additionally, if you are watching the entire eclipse, you may be overexposed to sunlight and must take necessary precaution such as wearing sunscreen.

Hazard Controls

Under the NL OHS Act and Regulations, employers (including supervisors) have a responsibility to inform workers of hazards and controls. Given the eclipse happens during normal working hours, workers need to be informed on how to protect themselves.

Here are some ways:

- Have a safety talk about the health risks with looking at the sun especially during an eclipse.
- Avoid outdoor work during the eclipse. If possible, schedule indoor work or breaks during that time.
- Avoid driving. It may be difficult to avoid looking at the sun and other drivers may be distracted.
- Consider the hazards & risks that can effect changes in conditions/tasks during the eclipse & review with workers.
- A total solar eclipse will result in temporary darkness. Make sure there is sufficient light to do the work and ensure workers are wear high-visibility clothing.

- Provide information on safe ways to view the eclipse – stress the importance of using approved ISO approved eye protection.
- Establish an eclipse-viewing area—with proper equipment where interested workers can observe the event safely.
- Remind workers to seek immediate medical help if they experience health issues during the eclipse.

Don't

- Use regular sunglasses! Eclipse glasses are NOT regular sunglasses & MUST adhere to ISO 12312-2 Standard.
- Use a camera, telescope, or binoculars, unless they are fitted with filters specifically designed for solar viewing.

Do!

- Use eclipse glasses or a handheld solar viewer during the partial eclipse phases before & after totality.
- For indirect viewing, make a pinhole projector making sure you only watch the screen & NOT the Sun. NEVER look at the Sun through the pinhole.
- Watch it online – <https://www.exploratorium.edu/eclipse/livestream>