POST

SAFETY BULLETIN

PRO TIPS

GLASSES FOGGING UP WITH THE USE OF A MASK?
Here are some hacks

Wash the lenses with soapy water

Wash your glasses or sunglasses lenses with soapy water and shake off the excess moisture. Then, let your glasses air dry or gently dry the lenses with a clean microfiber cloth.

Alternatively, applying over-the-counter anti-fogging sprays, waxes and gels to your lenses before putting on your glasses can quickly disperse tiny fog droplets when you're wearing a mask

Make sure the mask fits well

A loose-fitting mask lets exhaled air head toward your glasses, but a snugly fitting mask can shoot that air out of the bottom or sides of the mask and away from your glasses.

Look for masks equipped with moldable pieces around the nose (such as a metal strip) or masks that come in various sizes.

Seal the mask

A common trick employed by doctors involves sticking a piece of double-sided tape across the bridge of the nose before putting on a mask, it will create a better seal. Or you can put the tape on top, see pic.

Share best practices

You're experiencing issues but not your peers? What are they doing to prevent fog? Ask around!

A COUPLE OF THINGS TO AVOID

1 **Avoid Pulling glasses way from your face**

2 **Avoid using non-standard safety glasses in attempt to avoid the fog**

Courtesy of BGIS