TOOLBOX TALK - COVID-19 TIPS TO AVOID FOGGY GLASSES WITH MASKS

It may be one of the more innocuous problems of the coronavirus pandemic, but it's a nuisance nonetheless: fogged-up eyewear. It happens when warm breath escapes from the top of your mask and lands on the cooler surface of your lens.

When both safety glasses and masks are required, as annoying as it may be, **do not stop wearing your mask**. Masking helps stop the spread of COVID-19. Instead, follow our tips for keeping your safety eye wear clear.

Know how to wear a face mask

Fit your mask to your face: If your mask doesn't fit your face well, warm air is likely to escape and fog up your lenses.

- When putting on your mask, make sure to pinch the top of the mask to fit the shape of your nose. If your mask allows it, tighten the sides as well for a good fit.

- Use medical or athletic tape to close the gap between the bridge of your nose and the top of your mask. If you don't have tape, try an adhesive bandage.

- If you are sewing homemade masks, you can use flexible objects like bobby pins, paper clips or pipe cleaners to create a fitted "nose." It's worth mentioning that they should be fastened tightly to ensure they don't come out and scratch your face.

- Folding down the top quarter of a face mask provides extra space for your breath to escape before it hits your glasses. Keep in mind, though, that this doesn't work in masks containing metal noses and more importantly, it reduces the area covered by the mask.

- Folding a tissue into a rectangle and connecting it to the mask so it stays on the bridge of your nose. The tissue blocks and absorbs some of the moisture escaping the mask to keep lenses clear. Keep the tissue in place with thin tape.

Adjust your glasses

- Pushing your glasses forward on your nose will allow more air to circulate and keep your breath from fogging up your vision.

- Rest your glasses over your face mask. Try pulling your mask up over your nose and rest your glasses on top of it. This will block the air from escaping and prevent fogging. If you try this, make sure your mask still fits properly over your face. Your nose and mouth should be completely covered.

Treat your lenses before wearing them

An anti-fogging solution or even gently washing your lenses with soap and water before wearing them may help. This will keep water droplets from building up and fogging your lenses.

- Immediately before wearing a face mask, wash the lenses with soapy water and shake off the excess then let them air dry or gently dry off the lenses with a soft tissue before putting them back on. Now the eyewear lenses should not mist up when the face mask is worn. It's not a permanent solution, however, and must be repeated a few times a day.

- **Use anti-fog spray.** Some chemical sprays stop moisture from collecting on your glasses. Be careful before putting chemicals near your eyes. Defogging your glasses isn't worth causing irritations that could affect your vision in more serious ways.