

## Defogging Solutions for Safety Glasses

### HSE Guide

With KAUST's facemask requirement for people in laboratories, some may find their safety glasses fogging and hindering their vision. This can result in a researcher removing their safety glasses which will put the user at an increased risk of exposure from splashes. This is exactly what happened to a student on November 30<sup>th</sup>, 2020. They began an experiment with full personal protective equipment on (lab coat, safety glasses, and gloves) and later during the procedure they placed their safety glasses on top of their head since they were fogging up. While they were pipetting a chemical, a small amount splashed in their eye.

### Why do your safety glasses fog up?

When you are wearing a facemask the warm air you produce via exhalation escapes from the top of the mask and lands on your room temperature safety glasses. This, in turn, creates condensation or the fogging effect on your glasses.

### What are some solutions?

There are many solutions that can be found online, but this guide will focus on options that you can start using now.

#### Safety Glasses as a Seal

If you place your face mask slightly higher on your nose, you can use your safety glasses to reduce the opening between your face and the mask, thus reducing or eliminating condensation on your safety glasses.



credit: eatthis.com

#### Soap and Water

The film left by the soap will reduce the surface tension and prevent the condensation from sticking to your glasses. If you want to use this method, simply wash your safety glasses with warm, soapy water and either allow them to air dry or carefully dry them.

#### Folded Tissue or Surgical Tape

By using a tissue, Kimwipe, or a paper towel, you can block the gap at the top of your mask. Simply fold the tissue lengthwise and place it along the top of the face mask while putting it on.

Surgical tape can also be used in the same manner and specifically designed for skin adhesion. With your mask on, apply the tape length-wise across the bridge of your nose and/or across the top of your cheeks.

#### Available through Procurement Portal

Name	Portal Item Number	Quantity
Anti-fog Safety Glasses	3000006328	1 each
Transpore Surgical Tape	18999381	Pack of 12
Premoistened Anti-fog tissues	52848-800	Pack of 100

Other safety related items reviewed by HSE can be found on the safety supplies list

[hse.kaust.edu.sa/services/pages/safety\\_supplies.aspx](https://hse.kaust.edu.sa/services/pages/safety_supplies.aspx)