





# **First Aid For Eye Injuries**






## **Preventing Eye Injuries...**

- Wear safety glasses, goggles or shields when necessary.
- Read emergency directions on chemicals before using them.
- Post the phone numbers for medical help and the poison control center in clear sight.




### **Small particles in the eye (dirt, sand, or dust)...**

-  Do not rub your eyes.
-  If the particle is under the upper lid, dislodge it by pulling the upper lid down over the lower lid.
-  If it's under the lower lid, pull down the lower lid. Look in a mirror and use sterile gauze to pull the particle out.
-  If these methods don't work, rinse the eye with water, holding the lids open.


### **Large particles in the eye...**


-  Do not try to remove the particle.
-  Gently place gauze or clean cloth in a circle around the outside of the eye.
-  Wrap a bandage around both eyes.
-  Keep the victim calm and still.
-  Get medical help.

### **Chemicals in the eye...**




-  Get the victim to an eyewash station or other source of running water quickly.
-  If the victim is wearing contact lenses, remove them.
-  Keep the injured eye lower than the other eye, to stop chemicals from getting into both.

-  Do not apply neutralizers, ointments or drops to the eye.





-  If the chemical is an acid, rinse the eye with water for 15 to 20 minutes.

-  If the chemical is an alkali or "base," call a doctor or poison control center and follow their directions.

### **Black eye (eye has been struck)...**

-  Cover the eye with a clean, dry dressing.
-  Place ice or a cold pack over the dressing.
-  Get medical attention.

### **Dislocated eye (eye has come out of its socket)...**

-  Do not try to replace the eye.
-  Cover the eye with a clean, moist dressing.
-  Cover both eye sockets.
-  Go to an emergency room immediately.