





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.