Eye On Safety

WCF INSURANCE

These first aid tips can help minimize the severity of eye injuries:

Specks in the Eye
• Do not rub the eye.
• Use an emergency eyewash and flush eye copiously.
• See a doctor if speck does not wash out, or if pain or redness continues.

Cuts, Punctures, Objects Stuck in Eye
• Do not wash out the eye.
• Do not try to remove stuck objects.
• Stabilize the eye with a rigid shield without putting pressure on the embedded object.
• See a doctor immediately.

Chemical burns
• Immediately flush the eye out with drinkable water. Open the eye as wide as possible, and flush continuously for at least 15 minutes.
• For caustic or basic solutions continue flushing while en route to the doctor.
• If a contact lens is in the eye, flush over the lens immediately. Flushing may dislodge the lens.
• See a doctor immediately.

Blows to the eye
• Apply a cold compress to the eye without pressure.
• Crush ice in a plastic bag and tape it to a person's forehead so it rests gently on the injured eye.
• See a doctor at once if pain continues, vision is reduced, blood is in the eye or discoloration occurs.

Source: NIOSH, 2005

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