Eye On Safety

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

---

Eye On Safety

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

---

Eye On Safety

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