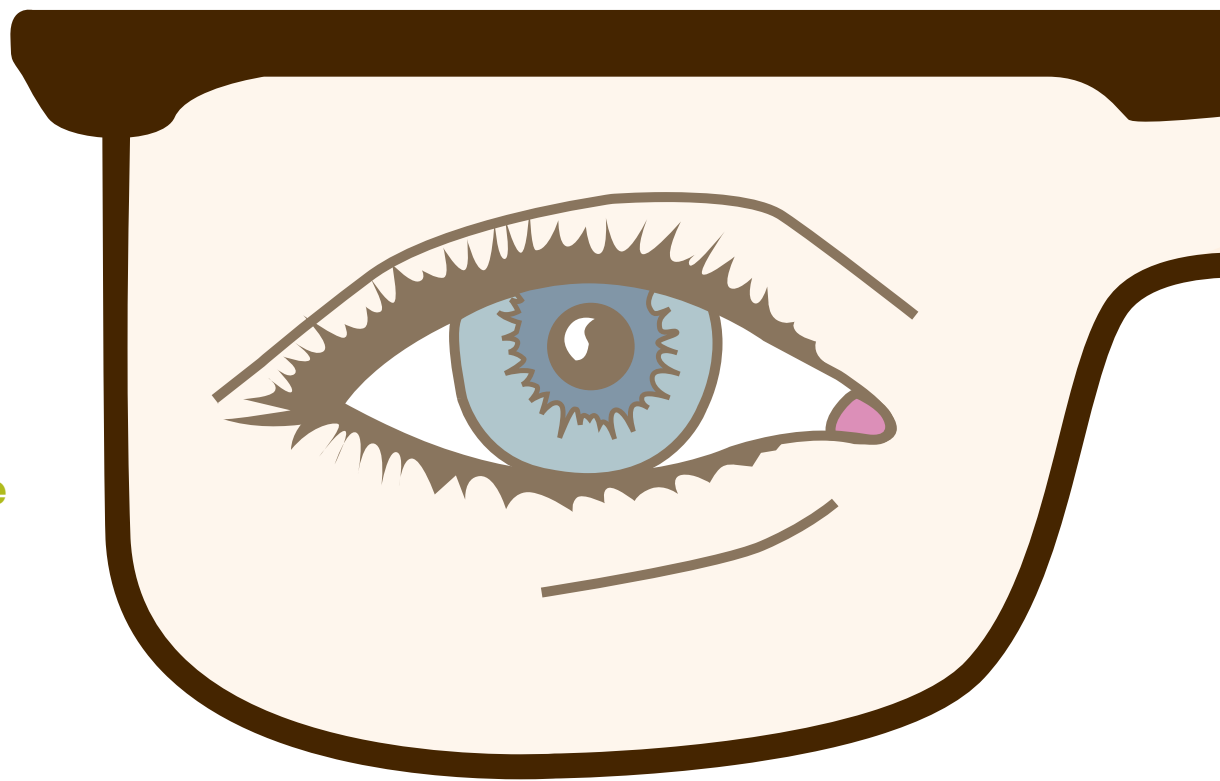# EYE ON SAFETY

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

FIRST AID TIPS

PARTICLES IN THE EYE

+ Do not rub the eye.

+ Use an emergency eyewash and flush the eye copiously.

+ See a doctor if particle does not wash out or if pain or redness continues.

CHEMICAL BURNS

+ Immediately flush out the eye with drinkable water. Open the eye as wide as possible and flush continuously for at least 15 minutes.

+ If a contact lens is in the eye, flush over the lens immediately. Flushing may dislodge the lens.

+ See a doctor immediately.

CUTS, PUNCTURES, OBJECTS IN THE 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.

BLOWS TO THE EYE

+ Apply a cold compress to the eye without pressure.

+ Crush ice in a plastic bag and tape it to the 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.

Information provided by NOISH