

Eye Injuries

Always wear eye protection for all hazardous activities, stock a first aid kit with a rigid eye shield and commercial eyewash before an eye injury happens.

NEVER assume that any eye injury is harmless. When in doubt, see a doctor immediately.

Foreign Object in The Eye

Don't rub your eye, try to flush it out with clean water or saline solution. Don't try to remove an object that's imbedded in the eyeball. Don't try to remove a large object that makes closing the eye difficult.

Chemicals and Chemical Burns to the Eye

Don't rub the eye! Immediately flush the eye with water. Keeping the eye open and as wide as possible hold the eye under a faucet or shower, or pour water into the eye using a clean container. Continue flushing for at least 15 minutes. If a contact lens is in the eye, begin flushing over the lens immediately. This may wash away the lens.

Blows to the Eye

Without putting pressure on the eye, apply a cold compress to the eye.

Cuts and Punctures of the Eye or Eyelid

Don't wash out the eye with water or any other liquid. Don't try to remove an object that is stuck in the eye. Cover the eye with a rigid shield without applying pressure. See a doctor at once.