

# EYE INJURY CARE

*The information provided in this safety topic is not intended as a substitute for professional medical advice or formal first aid training.*

For any eye injury, seek immediate medical assistance if:

- debris in the eye cannot be removed with simple irrigation
- a foreign object is embedded in the eye
- there is abnormal vision at any time
- pain, redness, or the sensation of an object in the eye persists more than 24 hours after matter is flushed or removed
- chemicals have splashed into the eye
- the eye has a corneal abrasion



- Before bringing your hands to your face, or assisting someone else with first aid, always wash hands with soap and water.
- If it feels like there is something in the eye, gently flushing the eye may be the best course of action.
- If there has been a chemical splash into the eye, flush the eye with clean, lukewarm tap water and then seek emergency care by an eye specialist.

## **Avoid making an eye injury worse!**

- Do not rub your eye after any kind of eye injury. This can cause further damage, especially if there is still foreign matter, or chemical residue, on or near the eye.
- Do not put anything except clean water or contact lens saline rinse in the eye.
- Do not use any kind of eye drops unless directed to do so by a medical professional.
- Do not touch your eyeball with cotton swabs, tweezers, or other instruments.
- Do not attempt to remove an object that is embedded in the eye.
- Do not wear contact lenses while your eye is healing from an injury.

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## *Discussion*

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***Where is the nearest emergency eyewash station or supplies?***

***What controls are currently in place that should prevent on the job eye injuries?***