

E-Z Optial / Eye Protection

WHAT TO DO IN AN EMERGENCY

Seek medical attention as soon as possible following an injury, particularly if you have pain in the eye, blurred vision, loss of vision or loss of field of vision. There are several simple first aid steps that can and should be taken until medical assistance is obtained.

First aid for eye emergencies:

Chemicals in the eye

- Immediately flush the eye with water for at least 15 minutes. Place the eye under a faucet or shower, use a garden hose, or pour water into the eye from a clean container.
- If you are wearing contact lenses, do not wait to remove the lenses. Begin flushing the eye immediately. This may wash the lens out of the eye.
- Do not try to neutralize the chemical with other substances.
- Do not bandage the eye.
- Seek immediate medical attention after flushing.

Particles in the eye

- Do not rub the eye.
- Try to let your tears wash the speck out or irrigate the eye with an artificial tear solution.
- Try lifting the upper eyelid outward and down over the lower eyelid to remove the particle.
- If the particle does not wash out, keep the eye closed, bandage it lightly and seek medical care.

Blows to the eye

- Gently apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be placed gently on the injured eye to reduce pain and swelling.
- In cases of severe pain or reduced vision, seek immediate medical care.

Cuts and punctures to the eye or eyelid

- Do not wash out the eye.
- Do not attempt to remove an object that is stuck in the eye.
- Cover the eye with a rigid shield, like the bottom half of a paper cup.
- Seek immediate medical care.

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SOURCES

The Vision Council

Prevent Blindness America

American Optometric Association

American Academy of Ophthalmology

American Academy of Pediatrics

Harvard Medical Studies

Consumer Product Safety Commission's National Injury Surveillance System

Occupational Safety and Health Administration (OSHA)

American National Standards Institute (ANSI)

American Society for Testing and Materials (ATSM)