Eye Injury Prevention & First Aid

This playbook provides a guide to prevent eye injuries and outlines first aid responses for various types of eye injuries, such as from chemical exposures or foreign objects.

Step 1: **Protection**

Wear appropriate eye protection such as glasses, goggles, or face shields when engaging in activities that risk eye injuries like chemical handling, metalworking, woodworking, or sports.

Step 2: **Emergency Plan**

Have an eye injury emergency plan in place which includes access to clean water for the eye washing station, emergency contact numbers, and directions to the nearest eye care facility.

Step 3: **Chemical Exposure**

In the event of chemical exposure to the eyes, immediately flush the eyes with clean water for at least 15-30 minutes and seek professional medical attention.

Step 4: **Foreign Objects**

If a foreign object enters the eye, do not rub it. Blink several times to allow tears to flush it out, or use a clean tissue to gently lift it out. If unsuccessful, cover the eye with a clean cloth and seek medical care.

Step 5: **Blows to the Eye**

For a blow to the eye, apply a cold compress without putting pressure on the eye itself. Seek medical attention if there is pain, visual disturbances, or if the eye's shape is altered.

Step 6: **Cuts and Punctures**

For cuts or punctures to the eye or eyelid, do not wash out the eye with water or try to remove any object stuck in it. Cover the eye with a rigid shield without putting pressure on the injury and seek immediate medical care.

General Notes

Prevention Reminder

Most eye injuries are preventable; always use appropriate eye protection tailored to the specific activities you perform.

No Self-Medication

Avoid using ointments, medications, or any other substances in an injured eye without professional guidance as they might exacerbate the problem.

Do Not Delay

Eye injuries can quickly escalate in severity, leading to vision impairment or loss; immediate action and professional medical attention are critical.