

# FIRST AID GUIDE

# EYE INJURY

## 1 Check the Eye

1. Understand the situation. Find out what caused victim's injury. Proceed to appropriate section of the poster.
2. Have the victim sit down and lean back with their head tilted to side of injured eye.
3. If possible, gently open the affected eye and examine the eye and under both eye lids. Ask the victim to move their eye around to help.
4. Check for lodged foreign objects. Most of the eye surface is not visible, so this is important. Keep victim informed.

## 4 Injured Sockets

1. Check if victim has suffered head or neck injuries. If they have, those should be prioritised.
2. Examine eye as shown in the Step 1.
3. A cold compress can be used to reduce the swelling.
4. If there is any blood leaking into the eye, medical attention is needed right away.

## 5 Arc Eye

**Arc eye can be caused by overexposure to UV rays e.g. when arc welding.**

**Victim may complain of severe headache. Eyes may feel gritty and may see black spots.**

1. Keep victim in a dark room.
2. Pad the eyes.
3. Take victim to hospital.



## 2 Irrigate the Eye

1. Check eyewash package is sealed, not out-of-date, and solution is clear. If not, do not use.
3. If using water, ensure water source is clean and pure.
4. Irrigate eye under cool running water for 20 minutes.
5. If eye shuts, open gently. Ensure contaminated water does not reach unaffected eye.
6. Ask victim to hold a sterile dressing over affected eye.
7. Identify the chemical that has caused injury. Call emergency services or seek medical advice.



## 3 Chemical Contamination

**Make sure there is no risk to yourself before treating the victim.**

1. Put on gloves.
2. Keep victim seated with head inclined, towards affect eye.
3. Check the safety data sheet (SDS) relating to the chemical and follow instructions.
4. Irrigate eye as shown in Step 2 for 20 minutes, unless information on safety data sheet states differently.
5. Cover the eye with sterile dressing. Call emergency services or seek medical help.



## 6 Application of Dressings

**It is not possible to immobilise a single eye - eyes move as one unit. Keep this in mind.**

1. If major foreign object lodged in eye, then leave it in place.
2. Lay victim down.
3. If major object is protruding, immobilise with rolled bandage. If foreign object is a minor one, place light dressing over affected eye.
4. Bring victim to hospital, or send for emergency help.

## 7 Call for Help '000'

1. You should call for help immediately.
2. If you are alone, call for help. If you are with someone, ask them to call while you respond.
3. Be ready to provide information regarding your location and the incident.



**DISCLAIMER: The information in this poster is not a substitute for proper first aid training.**

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