



June 16

First Aid for Eye Injuries

The eye is a very sensitive organ. An injury can be extremely painful, and the loss of sight due to an eye injury is tragic. A stray spark, a piece of metal or a chemical splash can cause a serious injury. As with other injuries, it is easier to prevent them than to treat them. The key to preventing eye injuries is to always wear the right form of eye protection. Any first aid treatment should be given with the utmost caution to prevent infection or impaired vision, and to avoid further damage to delicate eye tissues. First aid techniques for some of the most common eye injuries encountered in construction follow below.

Chemical burns—The longer a chemical remains in the eye, the more severe the burn will be. The eye must be flushed immediately and thoroughly with clean water. Hold the eye open, pour water into the inner corner of the eye and allow it to spread over the eyeball and under the eyelids. The best solution is to use an eyewash station. Flush for 15 minutes and call a doctor.

Flash burns—Apply cold compresses for temporary relief and see a doctor.

Blunt impact injuries—A blow to the eye area may cause a black eye. Immediately apply an ice pack or cold compress. If there is any swelling, bleeding, loss of vision or loss of consciousness seek medical assistance.

Eye Irritants—Getting something in your eye can be merely irritating or quite painful. Dust or dirt may not injure the eye, but a sliver of glass or metal can damage the cornea. Gently flush with clean water or sterile eyewash. As you wash, lift the upper eyelid and roll the eyeball. Seek medical attention if irritation persists or vision problems occur.

Penetration injuries—An injury in which an object penetrates the eye is serious. Do not attempt to remove the object from the eye. Protect the injured area (a paper cup works well) to prevent the object from being driven further into the eye. Cover the undamaged eye with a patch to prevent it from causing sympathetic movement of the damaged eye. Seek medical treatment immediately.

The next time you have an opportunity to participate in a first aid class, learn all you can about first aid for eye injuries. You never know when you'll need to use it.

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SAFETY REMINDER
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Don't forget eye protection off the job.

Wear eye protection when mowing, using saws, painting and even for sports.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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S.A.F.E. CARDS* PLANNED FOR THIS WEEK:

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REVIEWED SDS #

SUBJECT:

MEETING DOCUMENTATION:

JOB NAME:

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MEETING DATE:

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SUPERVISOR:

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ATTENDEES:

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