

First Aid For Eyes

1. INTRODUCTION

Please take the time to read this guide before you need to use it in an emergency. Eyesight is a valuable and complex sense and your attention should be drawn to the fact that the vast majority of eye injuries are preventable. Once you have read this guide, make sure that you are aware of the types of eye protection and precautions used within your work place in order that you do not become a victim.

PREVENTION IS BETTER THAN CURE.

Many of the injuries featured in this guide benefit greatly from being washed out or irrigated. If your place of work does not have readily available tap water, e.g. sinks in the WC, or kitchen etc., there should be provisions made to ensure that current Health & Safety regulations are met by means of sealed eye wash bottles as also indicated by the current advice, they should be in date.



2. EXAMINE THE EYE

1. Obtain a history - find out what the casualty has been doing i.e. working with chemicals or power tools.
If chemical contamination is suspected go straight to part 4.
If the casualty has been over exposed to light (welding) go straight to part 6.

2. Sit the casualty down and stand behind them.

3. Ask them to lean back slightly and incline towards the side of the injured eye.

4. With your thumb and index finger, gently part the upper and lower eyelids - explain this procedure to the casualty before you start.

5. With the eyelids parted, ask the casualty to look up, down, left and right, at the same time look for any foreign bodies on the eye's surface. It is important to do this, up to 80% of the eye may be hidden within



3. IRRIGATING THE EYE

Place the casualty in a reclined sitting position as in section 2. If issued with sterile eyewash, carry out the following checks:

1. Make sure the bottle is sealed.
2. Ensure the product is within its expiry date.
3. Check that the contents are not cloudy.
If you notice any of the above do not use the product.

- If not issued with eyewash, you may use tap water to irrigate the eye using the following steps:
1. Get a small clean container preferably plastic.
 2. Turn on any safe cold drinking water tap and allow to run for 5 seconds.
 3. Fill the container to 3/4 full.

- IRRIGATION**
1. If possible, place a kidney dish or bowl on the casualty's shoulder with a towel to reduce spillage (the casualty can hold it in place).
 2. Inform the casualty of what you are doing and allow a small drop of water



4. CHEMICAL CONTAMINATION

1. Beware of danger.
2. Quickly place the casualty in the reclined sitting position shown in section 2. If supplied put on gloves.
3. Immediately begin to irrigate the eye with eyewash or tap water. Unless COSHH (Control of Substance Hazardous to Health) data sheet instructs differently, wash for usually 20 mins.
4. Send a colleague to identify the chemical that has caused the injury (it may have First Aid advice on the label).
5. Consult your company's COSHH Data sheet for information.
6. Cover the eye as shown in section 7.
7. Seek immediate medical aid.

DO NOT -

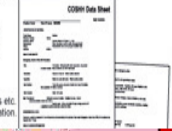
Wash the eye out and send the casualty back to work without a medical opinion.

DO NOT -

Discard any chemical containers etc. They may have valuable information

DO NOT -

Use any other



...If victim must be moved, immobilise ... Fatigue ... If an arm or leg is involved, splint ... found before moving the victim; do not ... QUICK TIPS ... Use folded blankets or towels around ... Substitute a bag of frozen vegetables ... hand for minor cuts and scrapes. ... If it is an open fracture (one where ... Put ice in a resealable bag and wrap in ... on ... hydrogen peroxide; avoid squirting ... the bone breaks through the skin), con- ... into an open wound ... Do not use cot- ... on an open wound ... Keep specic strap to induce vomiting ... page 2) ... Always have hydrogen peroxide on ... if recommended by noise control