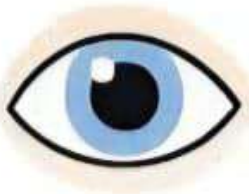


FIRST AID FOR EYE INJURY



● FIRST AID FOR EYE INJURY

1. Do **NOT** Rub or Apply Pressure
2. Wash Hands Before Touching
3. If a Foreign Body (dust, eyelash, small particle): Blink several times to let tears wash it out
 - If still present, gently rinse the eye with clean water or saline
 - Do **NOT** use sharp objects (cotton bud, tweezers, etc.)
4. If Chemical Splash:
 - Immediately rinse the eye with plenty of clean water for 15–20 minutes
 - Hold eyelids open while rinsing
 - Seek emergency medical care immediately
5. If Cut, Puncture, or Serious Blow
 - Do **NOT** wash or press the eye
 - Cover with a clean, loose shield (like the bottom of a paper cup)
 - Keep both eyes still (avoid movement)
6. If Swelling/Minor Bruise (Black Eye)
 - Apply a cold compress (not direct ice) for 10–15 minutes
 - Avoid pressing on the eyeball
7. If Bleeding or Sudden Vision Loss
 - Consider it an emergency → rush to hospital

**GENERAL
DO'S & DON'TS**

Eye Injuries in Children

Eye injuries in children refer to any harm or damage to the eye or the surrounding area that can affect a child's vision, health, or development.



Common Causes of Eye Injuries in Children



Trauma or impact: Sports accidents, falls, or being hit by an object like a ball, toy, or even a finger.

Chemical exposure: Contact with chemicals like household cleaners, pool chlorine, or other irritants.



Foreign objects: Objects like dust, dirt, or particles can irritate the eye and cause damage if not removed properly.

Penetrating injuries: Sharp objects like pencils, sticks, or broken glass can cause deep wounds that damage the eye.



Treatment Options for Eye Injuries in Children

Minor Scratches or Irritation
Rinse the eye with clean water or saline.

Foreign Objects in the Eye
Gently flush the eye with water or saline.

Chemical Burns
Rinse the eye with water for 15-20 minutes.

Blunt Force Trauma
Apply a cold compress to reduce swelling.



Eye Safety Tips for Children

Wear Protective Eyewear

Supervise Playtime

Avoid Direct Contact with Chemicals

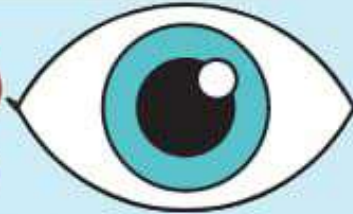
Teach Good Hygiene

Be Cautious with Small Objects

Use Sunglasses

Regular Eye Exams

+ FIRST AID FOR EYE SCRATCHES



DO



DO blink.
Blinking can help
get rid of small bits
of dust or sand in
your eye.



DO rinse your eye
with saline solution
or clean water.



DO pull your
upper eyelid
over your lower
eyelid.



DO go to
see doctor.



DO wear
sunglasses.

DON'T



DON'T rub your eye.



DON'T touch your eye
with anything.



DON'T wear your
contact lenses.

FIRST AID FOR EYE INJURIES

Adapted from Penn State Extension, 2012: "Head, Eye, and Foot Protection for Farm Workers"

→ FOREIGN PARTICLE IN EYE?



Do not rub eyes

Rubbing can scratch the eye or embed the object.



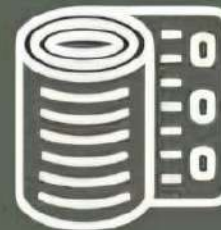
Flush eye with water until object rinses out

If this doesn't work, bandage both eyes loosely and seek medical attention.

→ OBJECT EMBEDDED IN EYE?



Do not try to remove object



Bandage both eyes loosely and seek medical attention.

→ CUT NEAR EYE?



Do not rub, press, or wash the cut



Bandage both eyes loosely and seek medical attention.

→ BUMP OR BRUISE?



Apply a cold compress for 15 min to reduce swelling

Seek medical attention.



Close eyes and seek medical attention.

You may not feel pain right away. Four to twelve hours later, eyes may be sensitive to light or be red swollen.