



# Handling Eye Injuries

Whether an injury is suffered at the workplace, playing sports or from doing projects around the home, it is extremely important to be able to recognize an eye injury when it happens and medical attention should be sought immediately. Symptoms are:

Pain or difficulty seeing	One eye moves differently or not as well as the other
The pupil is of an unusual size or shape	An object is in the eye or under the lid and is not easily removable
A cut or torn eyelid	One eye protrudes more than the other
Blood is evident in the eye	

There are a many scenarios in which eye injuries may occur. A great way to reduce damage is to know the proper first aid steps to take from the time when the injury occurs to when you see an eye care professional.

**Speck or particle in the eye** - Do not rub the eye. Thoroughly flush the eye with water to wash away the particle. If the irritation and redness do not subside, call your eye doctor.

**Cut, puncture or foreign object in the eye** - Again, do not to rub the eye. Also do not attempt to remove an object lodged in the eye. And most importantly, seek medical attention right away.

**Chemical burns** are particularly dangerous. Open the eye as wide as possible, flush the eye thoroughly with water and get medical care right away. If the burn was caused by a caustic or basic solution, continue to flush the eye with water while on the way to your doctor or emergency room.

**A blow to the eye** can be treated with a cold compress that is applied gently, but without pressure to the eye. More importantly, if you are having trouble seeing or there is bleeding or discoloration of the eye, head to your eye doctor immediately.

Remember, one of the best solutions to taking care of eye injury is avoiding them all together. About 90% of all injuries can be avoided simply by wearing the appropriate protective eyewear.

<sup>1</sup>From Prevent Blindness America; "The Scope of the Eye Injury Problem" at PreventBlindness.org.

For more information, call **1.888.550.BLUE (2583)** or **TTY 1.800.523.2847** or visit us at **www.fepblue.org** (click on the link to FEP BlueVision). To enroll, visit **www.benefeds.com**.

