



GOALS

This safety session teaches employees to:

- Understand the wide variety of hazards that can cause eye injuries.
- Know the proper immediate treatment for different types of eye injuries.
- Recognize the situations in which further medical treatment is necessary.

Applicable Regulations: 29 CFR 1910.133, .151, and .1200 plus regulations for specific substances that could damage the eye



1. The Occupational Safety and Health Administration (OSHA) regulations recognize that there are many causes of eye injuries. The agency requires employers to:

- Provide appropriate personal protective equipment (PPE) when “exposed to eye or face hazards from flying particles, molten metal, liquid chemicals, acid or caustic liquids, chemical gases or vapors, or potentially injurious light radiation.”
- Identify potential eye hazards of their operations.
- Provide front and side protection against flying objects.
- Have emergency eyewash facilities where there is a risk of eye exposure to corrosive substances.
- Train workers to select, inspect, and use PPE properly.

2. Most eye injuries need prompt medical attention.

- While waiting for assistance, you can help by calming and reassuring the victim and providing appropriate first aid.
- A quick response to an eye injury can make the difference between a speedy recovery and permanently impaired vision.
- It’s important to know the correct action for different types of eye injuries.

3. For particles in the eye:

- Do not rub the eye.
- Lift the upper eyelid outward and down over the lower lid, and let tears wash out the particle.
- If this does not work, flush the eye with water.
- If the particle does not wash out, or if pain or redness continues, bandage the eye lightly and get medical attention.

4. For chemical splashes or burns:

- Hold the eye open and use the emergency eyewash to flush with water for at least 15 minutes.
- Remove any contact lenses.
- Call for emergency medical assistance.
- Check the safety data sheet (SDS) for information about the chemical and supply this information to emergency medical personnel.



5. For exposure to welders' flash, lasers, or ultraviolet (UV) light:

- Seek medical treatment even if the victim doesn't feel any discomfort immediately.
- Pain, a gritty sensation, sensitivity to light, swelling, redness or other burn symptoms may not appear for hours.
- Keep eyes closed while awaiting medical attention.

6. For a blow to the eye:

- Apply a cold compress without pressure for 15 minutes to reduce pain and swelling.
- Get medical attention at once if pain continues or if vision is affected.

7. For a penetrating object in the eye:

- Call for emergency medical assistance immediately.
- Do not remove, move, or put pressure on the object.
- Immobilize the object by placing a soft, bulky dressing around the object and securing it in place with a bandage.
- Bandage both eyes so that the victim will keep the injured eye still.

8. For cuts near the eye:

- Bandage loosely and get medical attention.
- Don't put pressure on the eye.
- Don't rub or wash the cut—further damage could result.

9. Prevent eye injuries from happening in the first place.

- Be aware of possible hazards in your workplace.
- Wear proper eye and face protection at all times.



DISCUSSION POINTS:

Talk about any accidents or close calls that have taken place in your facility. Remind your trainees how important it is to take action immediately and call for emergency medical services if a serious accident should occur.



CONCLUSION:

- Protect your eyes—everyone gets just one pair!
- It takes only a few seconds to put on the proper PPE. If you wear prescription glasses, be sure to select eye protection that can be worn with them. PPE should include both front and side protection from flying objects or splashing liquids.



TEST YOUR KNOWLEDGE:

Have your employees take the Eye Emergencies First Aid quiz. By testing their knowledge, you can judge whether they really understand what action they should take in case of an accident or whether they need to review this topic again soon.



EYE EMERGENCIES FIRST AID QUIZ

1. Most eye injuries need prompt medical attention.
a. True b. False
2. Tears will always wash out any particles in the eye.
a. True b. False
3. Workplaces must have emergency eyewash facilities if there is a risk of eye exposure to corrosive substances.
a. True b. False
4. For chemical splashes or burns, you should flush the eyes with water for at least 15 minutes.
a. True b. False
5. The safety data sheet (SDS) will give you information about the proper treatment for a particular chemical splash.
a. True b. False
6. If you have been exposed to welders' flash, lasers, or ultraviolet (UV) light, you will feel immediate pain.
a. True b. False
7. Symptoms of exposure to welders' flash, lasers, or UV light can include pain, light sensitivity, redness, or swelling.
a. True b. False
8. For a blow to the eye, you should apply a cold compress without pressure for 15 minutes.
a. True b. False
9. Don't try to wash a cut that is on or near the eye.
a. True b. False
10. For a cut, bandage both eyes loosely so that the victim will keep the injured eye still.
a. True b. False

When you have completed this quiz, turn it in to your supervisor.

Name: _____

Date: _____



ANSWERS TO EYE EMERGENCIES FIRST AID QUIZ

1. a. True.
2. b. False. Tears will sometimes do the job. If not, flush the eye with water. If that doesn't work, get medical help.
3. a. True.
4. a. True.
5. a. True.
6. b. False. Seek medical treatment right away. Symptoms like pain or sensitivity to light may not develop for several hours.
7. a. True.
8. a. True.
9. a. True.
10. a. True.