

## Toolbox talk - Eye Injuries



Every day an estimated 1,000 eye injuries occur in American workplaces. Yesterday we learned about the various types of eye protection and how most injuries could have been prevented had the proper eye protection been worn.

Today let's look at what to do if you have an

### Eye contact with chemicals:

- Immediately flush the eye with water or any other drinkable liquid. There are eye wash stations throughout the facility. Keep the eye open and as wide as possible while flushing. Continue flushing for at least 15 minutes taking small breaks as needed.
- DO NOT use an eyecup.
- If a contact lens is in the eye, begin flushing over the lens immediately. This may wash away the lens but the sooner you start the flushing, the better you are.
- The flushing may cause eye irritation itself and once flushed thoroughly you can use eye drops if needed. However, eye drops are not a substitute for flushing the eye.

### Specks in the Eye

- DO NOT rub the eye
- Try to let your natural tears wash the speck out. This is the best method.
- Try lifting the upper eyelid outward and down over the lower lid.
- Use an eye wash station or a bottled solution if your natural tears are not working effectively. Flush the eye for at least 15 minutes taking breaks as needed.

This toolbox topic was reviewed by \_\_\_\_\_ on  
\_\_\_\_\_ with the following employees: