



Eye safety at home

Believe it or not, the average home is full of dangers that often go unnoticed. In fact, according to Prevent Blindness America, accidents involving common household products cause 125,000 eye injuries each year. Ninety percent of these eye injuries can be prevented through understanding, safety practices and the use of proper eye protection.¹

Safety tips

You can reduce the risks of eye injuries for yourself and others by following these easy steps:

- Inspect and remove debris from lawns before mowing.
- When performing indoor projects such as construction, or painting, wear safety glasses or dust goggles to protect against flying particles.
- Pad or cushion sharp corners and edges of furnishings and home fixtures.
- Avoid giving toys to your children that have sharp or rigid points, shafts, spikes, rods or dangerous edges.

UnitedHealthcare Vision is offering you this information as a reminder of what to do in an eye emergency. Knowing what to do for an eye emergency can save valuable time and possibly prevent vision loss. Here are some instructions for basic eye injury first aid from Prevent Blindness America.



Chemical burns to the eye

- Immediately flush the eye with water or any other non-alcoholic liquid. Hold the eye under a faucet or shower, or pour water into the eye using a clean container. Keep the eye open and as wide as possible while flushing. Continue flushing for at least 15 minutes.
- **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.
- **DO NOT bandage the eye.**
- Seek immediate medical treatment after flushing.

Specks in the eye

- **DO NOT rub the eye.**
- Try to let tears wash the speck out or use an eyewash.
- Try lifting the upper eyelid outward and down over the lower lid.
- If the speck does not wash out, keep the eye closed, bandage it lightly and see a doctor.

Blows to the eye

- Apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be taped to the forehead to rest gently on the injured eye.
- In cases of pain, reduced vision or discoloration (black eye), seek emergency medical care. Any of these symptoms could mean internal eye damage.

Cuts and punctures of the eye or eyelid

- **DO NOT wash out the eye with water or any other liquid.**
- **DO NOT try to remove an object that is stuck in the eye.**
- Cover the eye with a rigid shield without applying pressure. The bottom half of a paper cup can be used.
- Seek immediate medical treatment.

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Eye injury first-aid tips from Prevent Blindness America

¹<http://www.preventblindness.org/safety/homesafe.html>