

# EYE INJURIES



## Managing eye injuries

### WARNING

**DO NOT** touch the eye or any contact lens.

**DO NOT** allow patient to rub eye.

**DO NOT** try to remove any object which is penetrating the eye.

**DO NOT** apply pressure when bandaging the eye.

### Burns

1. Open eyelid gently and wash eye with cold flowing water for 20 mins.
2. Place eye pad or light clean dressing over the injured eye only.
3. Ensure ambulance has been called — **triple zero (000)**.

### Small object

1. Ask patient to look up.
2. Draw lower eyelid down. If object visible, remove with corner of moist cloth.
3. If not visible, pull upper lid down.
4. If unsuccessful, wash eye with sterile saline or clean water.
5. If still unsuccessful, cover injured eye only and seek medical aid.

### Embedded object

1. Cover the injured eye only.
2. Seek medical aid.

### Wounds

1. Lie patient on back.
2. Place light dressing over injured eye only.
3. Ask patient to try not to move eye.
4. Ensure ambulance has been called — **triple zero (000)**.

### Penetrating

1. Place thick pads above and below injured eye or cover object with paper cup.
2. Bandage pads in place making sure there is no pressure on eyelids.
3. Cover injured eye only.
4. Ensure ambulance has been called — **triple zero (000)**.

### Smoke

1. Wash eyes with sterile saline or cold tap water.
2. Seek medical aid if necessary.

In an emergency, call triple zero (000) for an ambulance

**For more information on St John first aid training and kits, visit [www.stjohn.org.au](http://www.stjohn.org.au) or freecall 1300 360 455**

© St John Ambulance Australia, 5/2012. This information may not be copied or reproduced without prior written permission. This information is NOT a substitute for first aid training. St John recommends that everyone is trained in first aid.