

FIRST AID FACT SHEET

Eye Injuries

An eye injury is trauma or damage to the eye resulting in pain and watering of the eye.

The eyes are the most sensitive and delicate organs in the body and are easily injured.

Caused by

- + Impact with objects, such as a fist, ball, stones or tree branches.
- + Small foreign objects, such as dirt, slivers of wood/metal or sand.
- + Chemicals, such as acid, caustic soda, lime.
- + Flames, flash burns, smoke or lasers.

Signs & symptoms

- + Pain.
- + Redness.
- + Photophobia - abnormal visual intolerance to light.
- + Watering or bleeding.
- + Pupil distortion, impaired vision.

What to do

1. Follow DRSABCD St John Action Plan.
2. Wash hands thoroughly and wear gloves if available.
3. **DO NOT:**
 - + Touch the eyeball or any contact lens.
 - + Allow the casualty to rub their eye.
 - + Try to remove any object which is penetrating the eye.
 - + Apply pressure when bandaging the eye.

Minor injury

1. Wash out the eye gently with water or normal saline, from the corner closest to the nose outwards.
2. If unsuccessful, pad eye and seek medical aid.

Major injury

1. **DO NOT** remove any embedded object.
2. Lay casualty flat on their back and reassure.
3. If a penetrating eye injury – carefully place pads around the object and bandage gently in place. **DO NOT** place pressure on the eye.
4. Pad the head on each side with blankets/towels to stop the casualty from moving their head.
5. Reassure casualty and ask them to keep their head as still as possible as they will be anxious.
6. Urgent medical aid. Call **Triple Zero (000)** for an ambulance.



In a medical emergency
call **Triple Zero (000)**

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Information provided is as per Australian Resuscitation Council Guidelines. These first aid protocols are for the Australian market only. All care has been taken in preparing this information but St John takes no responsibility for its use. This information is not a substitute for practical first aid training with St John.