

Knowing what to do when an eye gets injured is vital to protecting vision. Follow these three basic rules and you will be playing an active role in saving someone's sight.



## STEP 1 SURVEY

**SURVEY THE SITUATION.** If the injury is from chemical exposure, immediately wash the eye.

Otherwise, **DO NOT** put anything on the eye **ITSELF**, especially if you think the eye is cut.

Gently clean any dirt or blood from the affected area around the eye.

**DO NOT** put pressure on the eye or remove anything from the eye surface (This could cause additional harm, such as loss of an eye.)



## STEP 2 SHIELD

Use the rigid eye-shield provided in the Individual and Joint First Aid Kits or anything that provides a hard cover over the eye, such as:

- Eye protective gear, such as ballistic glasses or goggles
- The bottom of a disposable cup (e.g., Styrofoam, plastic or paper)

This helps prevent any undue pressure or further damage to the eye.

Secure the shield by applying tape from the cheek to the forehead. No tape? Use gauze, cloth dressing, shoelace or string to secure in place.

**IMPORTANT: ALWAYS** use a rigid eye-shield to provide a barrier to further damage, and **NEVER** place anything under the shield or directly on the eye.



## STEP 3 SEEK

Seek care for treatment. Meanwhile, stop or reduce actions that cause pressure to the eye, such as:

- Limiting movements that could cause further eye injury
- Administering medicine to prevent coughing, sneezing or vomiting

Consider giving the antibiotic tablet in the combat pill pack if medical treatment will take more than three hours and if it doesn't cause nausea.

## REMEMBER

- By-standers are often the first on-the-scene when accidents happen. Knowing how to respond can save someone's sight
- Always use a rigid eye-shield to provide a barrier to further damage
  - Rigid eye-shields prevent pressure from impacting the injured eye and block particles from getting in the wound
  - Never place anything between the shield and the eye