



Eye Safety

Eye injury is a leading cause of blindness in children. Each year hundreds of eye injuries occur, usually at work, home and in school, often during sports and hobby activities. However, most of these injuries could be prevented.

How your Eyes are Protected

Your eyes have several built-in protection devices.

- Bony sockets – your eyes lie in bony sockets that protect them from getting hit.
- Eyebrows – these stop too much light from getting in your eyes.
- Eyelids – these close to keep things from getting in your eyes.
- Eyelashes – these grow along the outside of the eyelids and also prevent things from getting in your eyes.
- Tears – these keep the eyes moist and help to wash away things that can irritate your eyes.

First Aid Tips for your Eyes

Eyes are very important and we must make sure we protect them. If you do get an eye injury, you must seek first aid immediately.

- If your eyes ever get hurt, tell a teacher or parent, or get someone to fetch the school nurse or a teacher.
- If something gets into your eye, such as sand or dust, do not rub it. Wash your eye with water to get the object out.
- If your eye gets hit, for example by a ball, put cold cloths on it for 15 minutes. This will make the swelling go down and the eye won't hurt as much.
- If an object, such as a stick or a pencil, gets stuck in your eye, do not pull it out. This is very serious. You need to go to the hospital right away.
- If a chemical, such as paint, glue or liquid paper, splashes in your eyes, wash them out with water for at least 15 minutes. You may need to get your eyes checked by an optometrist and in serious cases, go to the hospital emergency room.