**Eye Injury**

**Sign & symptoms:**

1. Bruising – (black eye)
2. Scars to eyelid
3. Eye redness
4. Swelling & bleeding between the cornea & iris
5. Retinal detachment
6. Blurred or cloudy vision
7. Double vision

**First aid management/Case for eye injury:**

1. Due to chemical burn:
2. Remain calm & keep your eyes open until they can be flushed. Closing your traps, the chemical in & does further damage
3. Flush eye gently with water for 15-20 minutes. Make sure to keep your eyes open during flushing.
4. Get immediate medical care.
5. Due to foreign object:
6. Don’t rub your eyes.
7. Lid the upper eyelid up & out over the lower lid & then role your eye around
8. Flush eye gently with water & keep your eye open during flushing
9. Repeat the previous steps until the object is eliminated
10. Follow up with doctor & make sure all debris are gone.

**Prevention:**

1. Wear safety glasses, googles when you hammer nail or metal work with power tools or chemicals or through any activities that might cause a burn to eye
2. Wear protective eye wear during sports such as cricket, hockey etc.
3. Injury from UV ray can be prevented by wearing sun glasses
4. Wear your seat belt when in a motor vehicle. Use child car seats

**Created by:**

**Rana Singha**

**Lecturer**

**Companiganj Upazilla Health Complex**