

SEPTEMBER 2021 CCDC SAFETY MESSAGE

EYE SAFETY - SEVERE WEATHER PREPARATION AND CLEANUP

Prevent Blindness.org provides the following information and urges everyone to think about eye safety when preparing for a storm or when cleaning up after storm damage.

Wear Proper Safety Eyewear

You should always wear safety eyewear whenever there is a chance of eye injury. Anyone working in or passing through areas that pose eye hazards should wear protective eyewear.

When preparing for a hurricane, tornado, high winds, e.g., boarding windows, wear safety glasses with side shields to protect from particles, flying objects or dust.

If you are out checking flooded areas, wear safety goggles to prevent anything from splashing into your eyes.

Wear goggles when cleaning up after severe weather if you think you may encounter hazardous chemicals.

The Centers for Disease Control and Prevention (CDC) offers additional safety recommendations for disaster cleanup.

First Aid for Eye Emergencies

Knowing what to do in the event of an eye injury can save valuable time and possibly prevent vision loss. Here are some instructions for basic eye injury first aid.

Chemical Burns

- Immediately flush the eye with water or any other drinkable liquid. Hold the eye under a faucet, shower or pour water into the eye using a clean container. Keep the eye open as wide as possible during flushing. Continue flushing for at least 15 minutes.
- If a contact lens is in the eye, begin flushing over the lens immediately. Flushing may dislodge the lens.
- **DO NOT** bandage the eye.
- Seek emergency medical care promptly after flushing.

Specks in the Eye - DO NOT rub the eye.

- Try to let tears wash the speck out or use a commercial eyewash.
- Try lifting upper eyelid outward. Look down over the lower lid.
- **DO NOT** use tweezers or other items to try and remove the speck.
- If the speck doesn't wash out, see an eye doctor immediately.

Blows to the Eye

- Apply cold compress without pressure.
- Seek emergency medical care in cases of pain, blurry vision, one eye sticks out more than the other, blood inside the eye, or discoloration (black eye), which could mean internal eye damage.

Cuts and Punctures of Eye and Eyelid

- **DO NOT** wash out eye with water or any other liquid.
- **DO NOT** try to remove an object that is stuck in the eye.
- Cover the eye with a rigid shield or the bottom half of a paper cup without pressure. Secure the shield or cup to the brow above the eye and the cheekbone below the eye without putting pressure on the eye.
- Seek emergency medical care immediately.

Plan for Your Eye Health

Include an extra pair of glasses, contacts, or vision medication in any hurricane emergency bag. Ready.gov provides additional information on how to put together an emergency kit.

THINK SMART, BE AWARE, BE FLEXIBLE, BE EDUCATED (SAFE)