

Eye Injuries

1 Spot hazards early

Get down to your child's height and look for objects or furniture that could cause injury.

2 Cover sharp corners

Use corner protectors on tables, benches and other furniture with sharp edges.

3 Teach eye safety

Talk to children about protecting their eyes and how to safely use tools, utensils and other sharp items.

4 Select age-appropriate toys

Choose toys that match your child's age and stage of development.

5 Store chemicals safely

Store all household chemicals and poisons up high and away out of reach of children.



First-aid

Minor eye injury

- Gently rinse the eye with clean water or saline
- Encourage your child to keep the eye still and avoid rubbing it
- If symptoms continue to worsen, lightly cover the eye and seek medical advice

Serious eye injury

- Do not remove any object stuck in the eye
- Help your child lie down and stay as still as possible. Keep them calm and reassured.
- If there is something in the eye:
 - Place soft padding around the object
 - Secure it gently without applying pressure
- Place rolled towels or blankets around your child's head to limit movement
- Call 000 immediately for an ambulance