

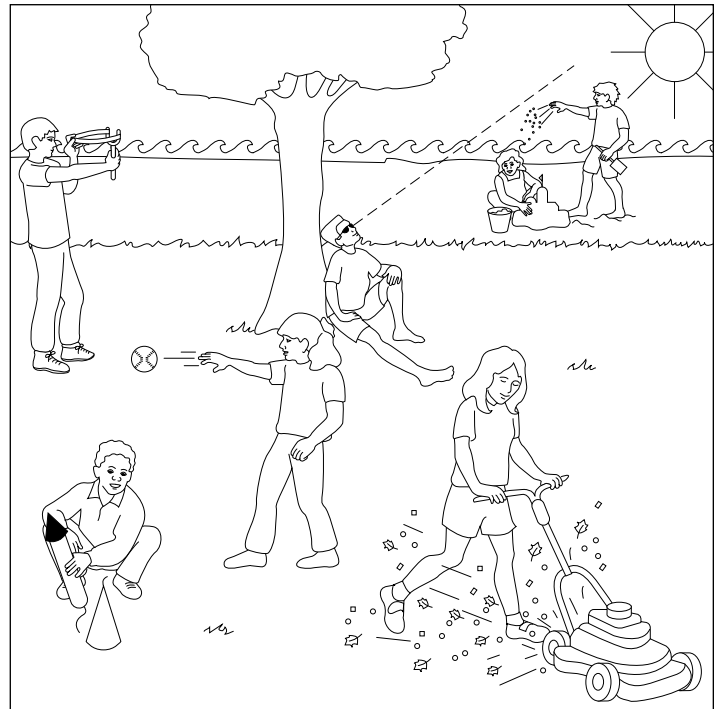


Eye Safety

Eye injury is the leading cause of blindness in children in the United States. Each year millions of eye injuries occur. These usually happen at home and school, often during sports and hobby activities. However, 90 percent of these injuries could be prevented.

How Your Eyes Are Protected

- ▲ Your eyes lie in bony sockets that protect them from getting hit.
- ▲ Eyebrows help keep light from getting in your eyes.
- ▲ Eyelids close to keep things from getting in your eyes.
- ▲ Eyelashes grow along the outside of the eyelids; they also keep things from getting in your eyes.
- ▲ Tears help keep the eyes moist. Tears also help to wash away things that can irritate your eyes.



What to Do If...? First Aid Tips

- ▲ If something gets into your eye, such as sand or dust, do not rub your eye. Wash your eye with water to get the object out.
- ▲ If your eye gets hit by a ball or a fist, put cold cloths on your eye for 15 minutes. This will make the swelling go down and the eye won't hurt so much. You should also go to the doctor.
- ▲ If an object, such as a stick or a pencil, gets stuck in your eye, do not pull it out. Put a loose bandage on your eye. This is very serious. You need to go to the doctor right away.
- ▲ If a chemical, such as cleaning fluid or battery acid, splashes in your eyes, wash out your eyes with water for at least 10 minutes. You need to go to the doctor right away.

Find six things in the picture above that can be dangerous to your eyes.

Answers: Mowing the lawn with debris flying; using a slingshot; lighting or playing with fireworks; throwing a ball over someone's head; looking at the sun, even with sunglasses; and throwing sand can all be dangerous to the eyes.