

ADVISORY TO PREVENT, MINIMISE AND MITIGATE OCULAR TRAUMA

OVERVIEW

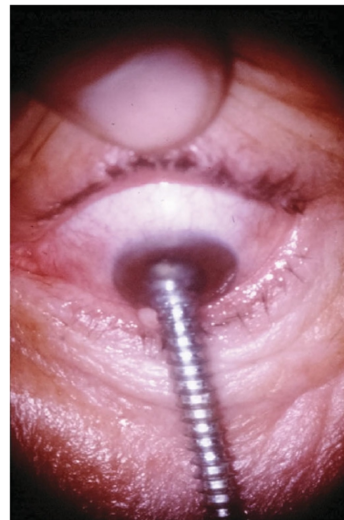
Eyes are an important part of our health. We rely on our eyes to see and appreciate the world around us. Eighty percent of what we perceive comes through our sense of sight. Eye injury constitutes 7% of all bodily injuries and 10% of all eye diseases. Ocular trauma is responsible for about 5% of permanent and irreversible injuries. Eye injury commonly affects the young male population during their most productive age (35% of victims are below 25 years of age) and hence can have a significant socio economic impact on the family of victim and the family. Eye injury is recognised as one of the major causes of disabilities in India. However the most important reassuring fact is that the eye is preventable cause of blindness. Major contributors of eye injury are road accidents (34%), sports (29%) and occupations (21%). However the most important and reassuring fact is that eye injury is a preventable cause of blindness

Here are some cases of common mechanism of action of trauma to eye

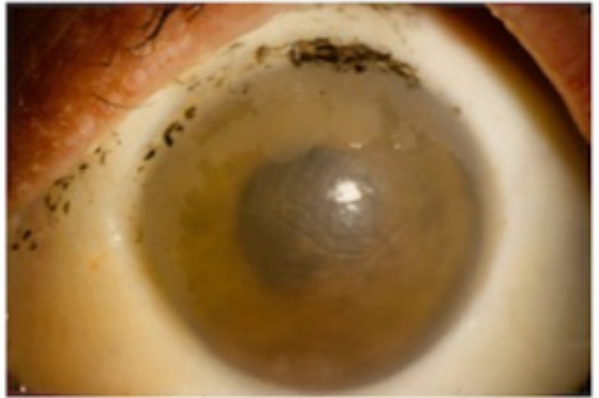
- Mechanism Of Ocular Trauma: Welding Work
- Foreign Bodies Present On Cornea, Conjunctiva
- Objects Causing Trauma: Iron Particles
- Treatment Given: Thorough Examination Under Slit Lamp To Observe The Foreign Body Located In Cornea, Conjunctiva (Upper, Lower), Removed Under Topical Anesthesia , Prescribed Antibiotic Eyedrops, Cycloplegics, Eye Patching For 24 Hours



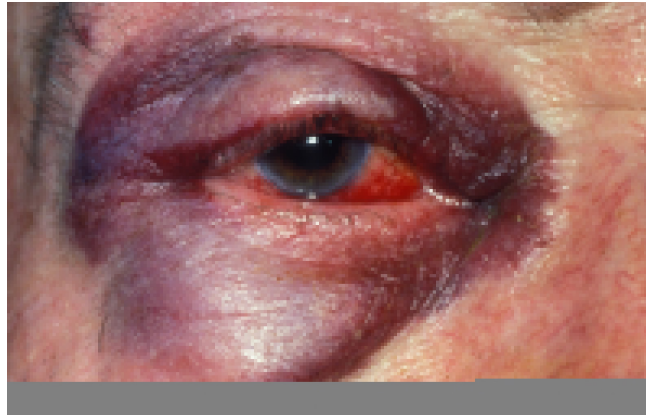
- Mechanism Of Ocular Trauma: Penetrating Injury
- Circumstances: Accidental Trauma With Sharp Objects
- Objects Causing Trauma: Stick, Wires, Sharp Steel Instruments, Toys
- Treatment Given: Patient Taken To Eye Ot After Investigations, Corneal Tear Repair With Ac Reformation Done With Iv And Local Antibiotics , Steroids (Local And Systemic) , Cycloplegics.



- Mechanism Of Ocular Trauma: Chemical Injury
- Circumstances: Accidental Spillage Of Chemical During Work
- Objects Causing Trauma: Lime
- Treatment Given: Thorough Eyewash Given Till Neutralization Of Ph, Prophylactic Topical Antibiotic, Iv And Local Steroids Given



- Mechanism Of Ocular Trauma: Rta With Head Injury
- Circumstances: Traumatic Optic Neuropathy
- Objects Causing Trauma: Severe Head Injury With Loss Of Consciousness
- Treatment Given: Admitted And Given Iv Mps For 3 Days Followed By Oral Steroids



Prevention of ocular trauma



EYE INJURY PREVENTION

GENDER

Men are more likely to suffer from an eye injury.



LOCATION

Although it's commonly believed that most injuries happen on the job, shockingly nearly 1/2 of all injuries happen in the home.



ACTIVITIES

It's estimated that 40% of eye injuries are caused by projects and activities such as home repairs, yard work, cleaning and cooking.



ATHLETICS

More than 40 percent of eye injuries every year are related to sports or recreational activities.



SUNSHINE

Eyes can be damaged by sun exposure, not just chemicals, dust or objects.



World Eye Injury Prevention





- 1 *Wear eyewear properly tinted for the particular job you are working at.*
- 2 *Wear eye protection when working with power tools or chemicals.*
- 3 *Get medical attention immediately if you have an accident.*
- 4 *Keep your eye protection clean.*


Eye Safety Checklist


- ✓ **Create and maintain a safe work environment**
Keep tools in the right place and with their safety features on. All persons in the hazard area should know how to properly use the tools.
- ✓ **Evaluate safety hazards**
Identify the hazards at the work site such as machinery or falling debris.
- ✓ **Wear proper eye and face protection**
Choose the appropriate Z87 eye protection and make sure it fits well and is in good condition.
- ✓ **Practice good work habits**
Clean yourself of all debris before removing protection. Keep eyes safe and clean glasses often and do not rub them with dirty hands.
- ✓ **Prepare for eye injuries**
Keep a first aid kit with eye wash or sterile solution nearby.


THE 5 STEPS TO Eye Safety



Step 1 Ensure your eye protection fits well. 

Step 2 Use appropriate guards, screens and other safety devices. 

Step 3 Choose the proper eye protection for the job. 

Step 4 Replace worn or damaged equipment. 

Step 5 Avoid prolonged periods of looking at computer or other screens. 