

SHIELDS SAVE SIGHT

Don't let the last thing you see
be the last thing you see.

**Wearing protective eyewear
can prevent 90% of eye injuries.
Be sure to shield for all
activities—on duty and off.**

FIT THE GEAR TO THE JOB

Wear appropriate safety and protective eyewear for the task. Polycarbonate eye gear is the best protection against flying debris and particles. Splashguards are best for jobs with liquids. For all on duty activities, wear gear from the Authorized Protective Eyewear List (APEL).



CHOOSE APEL

APEL items are validated against military requirements for ballistic fragmentation and therefore provide the highest level of impact protection available. Eyewear not on the APEL are not authorized for wear during combat, training or when there is a risk of impact injury to the eyes.

APEL Ordering Guidance:

<http://peosoldier.army.mil/equipment/>

3 BASIC STEPS FOR SAVING SOMEONE'S SIGHT

Bystanders usually provide the first assistance on the scene in an emergency. Knowing how to properly respond to an eye injury can save sight.



STEP 1: SURVEY

Survey the situation. If the injury is from chemical exposure, immediately rinse the eye with plenty of fresh water. Otherwise do not put anything on or in the eye, such as ointments or eye drops. Do not patch the eye.



STEP 2: SHIELD

Shield the eye. Use the rigid eye shield provided in the Individual and Joint First Aid Kits or anything that provides a hard cover over the eye, such as eye protective gear, ballistic glasses or goggles, or the bottom of a disposable cup (e.g., Styrofoam, plastic or paper). Do not put gauze under the shield.



STEP 3: SEEK

Seek care. Avoid actions that put pressure on the eye causing further injury to the eye. Try to prevent or avoid vomiting or straining.