

Eye safety – eye injuries in children

What can be the result of an eye injury?

Eye injuries can happen in many ways.

For example, superficial corneal abrasions can occur where the clear front part of the eye is grazed, or a full penetrating ocular injury where the eye is cut open, this is very serious and will require surgery. Any eye injury may lead to poor vision, blindness or even the eye needing to be removed.

How is my child most likely to cause harm to their eyes?

There are many potentially hazardous situations that can cause an eye injury. Most commonly it will be an object not used the way it was intended.

What are common objects that can cause harm?

Any object can cause an eye injury. The most serious injuries are usually caused by sharp implements such as pens, pencils, utensils, sticks and metal objects.

What age group is most at risk?

The most at risk group is 3-9 year olds.

Boys are 3 times more likely to suffer an eye injury than girls.

Where is the most likely place for this to happen?

Home is the most likely place for an eye injury, both indoors and outdoors.

School and childcare are relatively safe places for eyes as they have limited access to objects that can cause harm and higher levels of supervision.

Is there any particular day or time of day?

An eye injury is most likely to occur on the weekend and the most common time is 4-6pm.

How can I best protect my child from an eye injury?

The best prevention is supervision of you child particularly in and around the home. It is also recommended to remove all objects that can cause harm out of child's reach or put away in a locked cupboard. When trimming trees make sure branches are trimmed back to the trunk. Children should only observe an adult mowing the lawn from inside not outside. Ensure than furniture has rounded edges.

What should I do if my child suffers an eye injury?

Seek medical attention immediately.