

# How to Wash Eyes with Saline Solution

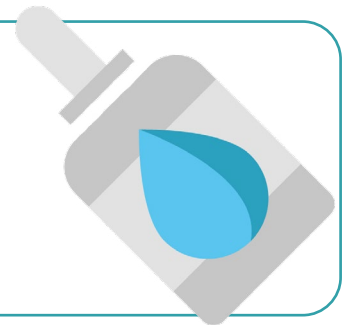


If your eye is contaminated, will you know what to do?

- 1 As soon as your eye becomes contaminated, make your way to the eyewash station. Let a team member know if you can so they can help to guide you.



- 2 If you cannot go to the eyewash station, ask someone nearby to fetch the eyewash bottles for you. Remove the lid or lids.



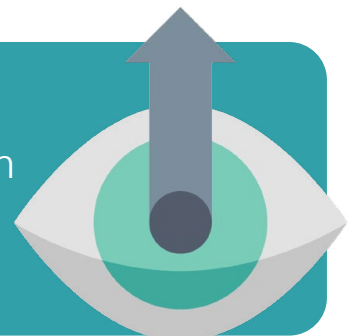
- 3 Tilt your head to ensure the contaminant does not flow into the other unaffected eye. If both eyes are affected irrigate both at the same time or one after the other.



- 4 Flush the eye by gently squeezing the bottle over the eye. The direction of flow should go from the inner corner of the eye to the outer.



- 5 Hold your eyelid open with a finger and thumb if necessary. Move your eye side to side and up and down during the washing process to ensure any contaminant trapped under the eyelids is washed away.



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