

Keep Your Toddler's Eyes Safe from Injury

Eye injuries can be painful. Many can damage vision and cause blindness. Studies show that toddlers are at risk for chemical eye burns and toy related eye injuries. Luckily, you can prevent many eye injuries.

Eye burns from chemicals most often occur in the home. These burns can be severe. Chemical burns from alkaline products are more common than acid burns. Alkaline products include drain and oven cleaners, chlorine bleach and products containing ammonia.

Spray bottles containing harmful chemicals often cause toddler eye injuries. Despite warnings, many parents still store spray bottles and harmful chemicals under a kitchen and bathroom sink - without a baby-proof lock. Even with a baby-proof lock, parents may forget to engage the lock. It only takes seconds for a child to open a cabinet and reach for a harmful product.

Detergent pods pose another risk. These brightly colored pods look like candy or toys. As kids handle pods, detergent leaks out. Liquid can squirt into their eyes. Soap gets on their hands and ends up in their eyes and mouth.

Small detergent pods contain highly concentrated chemicals. This high concentration makes it more likely to cause painful injuries.

Keep all chemicals out of your child's reach. If your child gets a chemical burn, rinse the eye with cool tap water for 20 minutes. Then call 911 or go to the emergency room after flushing the eye with water.

Toys can be another source of serious injury to a child's eyes. The U.S. Consumer Product and Safety Commission tells parents to consider eye safety when buying kid's toys.

Toys that puts kids at risk for eye injuries include:

- Air guns.
- Projectile toys that shoot darts or soft projectiles.
- Bows and arrows.
- Water guns and water balloon launching guns.
- Aerosol string.
- Toy fishing poles.
- Plastic toys that break into sharp objects.
- Laser pointers.
- Toys with sharp or hard points – wands, swords.
- Body Bumper toys that enable kids to bounce off people or objects.
- Fireworks.



To learn more, log on to:
mayoclinic.org – eye injury
.aao.org/eye-health/tips-prevention/injuries
cpsc.gov – eye injuries

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