

# It's super easy to keep your eyes safe.

playhard  
don'tblink



Eye injuries aren't a disease we don't have a cure for. We know exactly how to keep them from happening—and how to prevent the blindness and other eye damage that results.

## What should you do if someone gets injured?



Apply a small cold compress to reduce pain and swelling. Be careful not to apply any pressure.



If a black eye, pain, or visual disturbance occurs (even if the eye wasn't hit that hard) contact your doctor or go to the Emergency Room immediately.

## What NOT to do:



**DO NOT** touch, rub, or apply pressure to the eye



**DO NOT** try to remove an object that is stuck in the eye



**DO NOT** apply ointment or medication to the eye

 If you stay calm, and act fast, you can help prevent lasting eye damage.

At Superspecs, we are working to reduce the incidence of eye injury in Ohio to zero.

Get more information and apply for free equipment and goggles at:

[superspecs.org](http://superspecs.org)

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