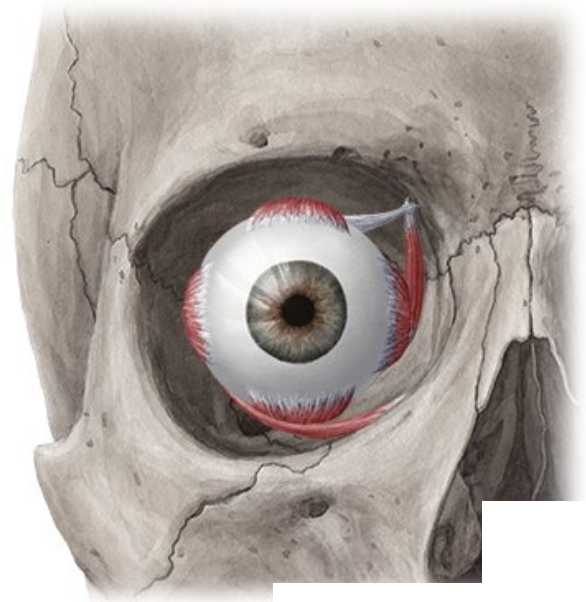
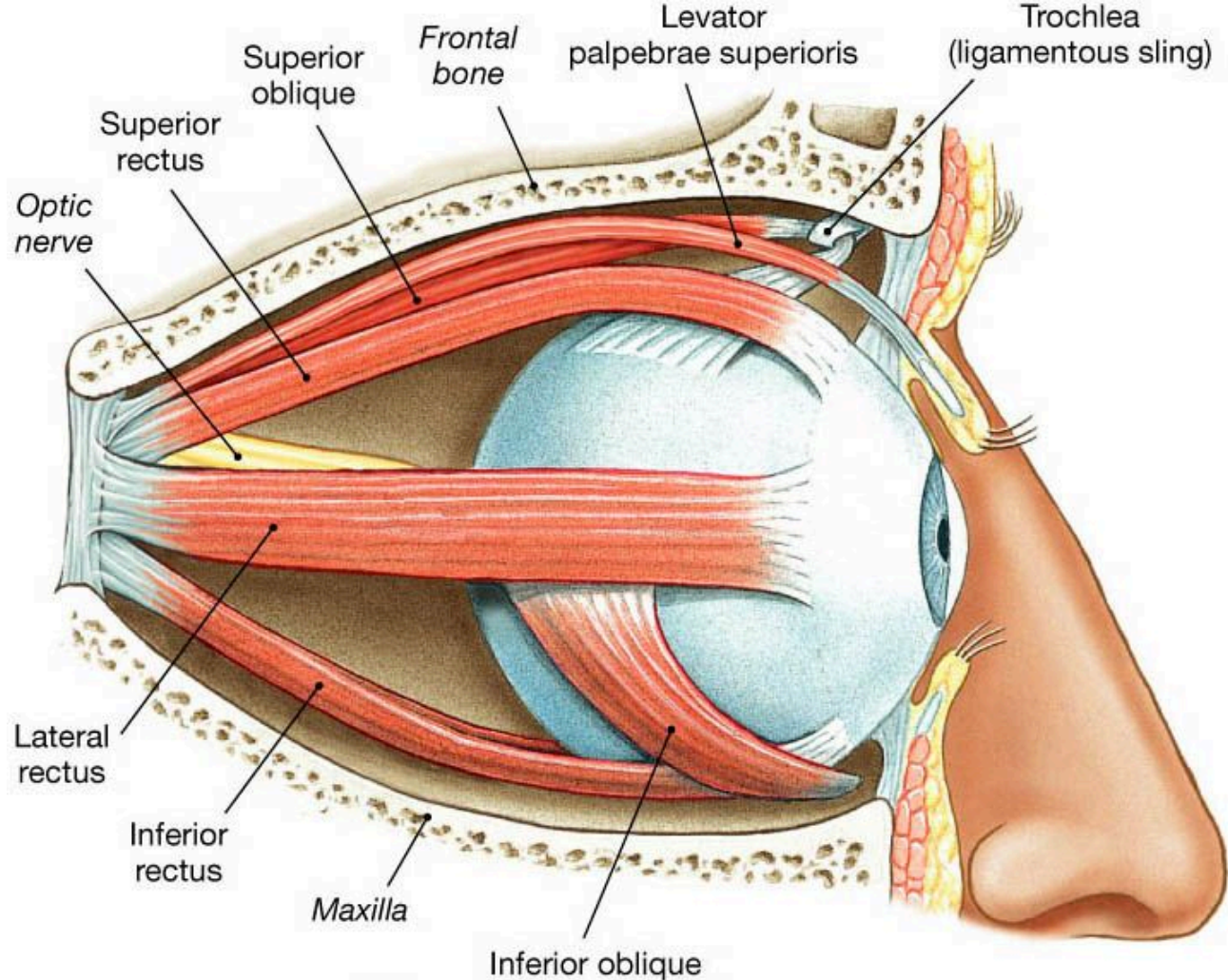


# Κακώσεις του Οφθαλμού

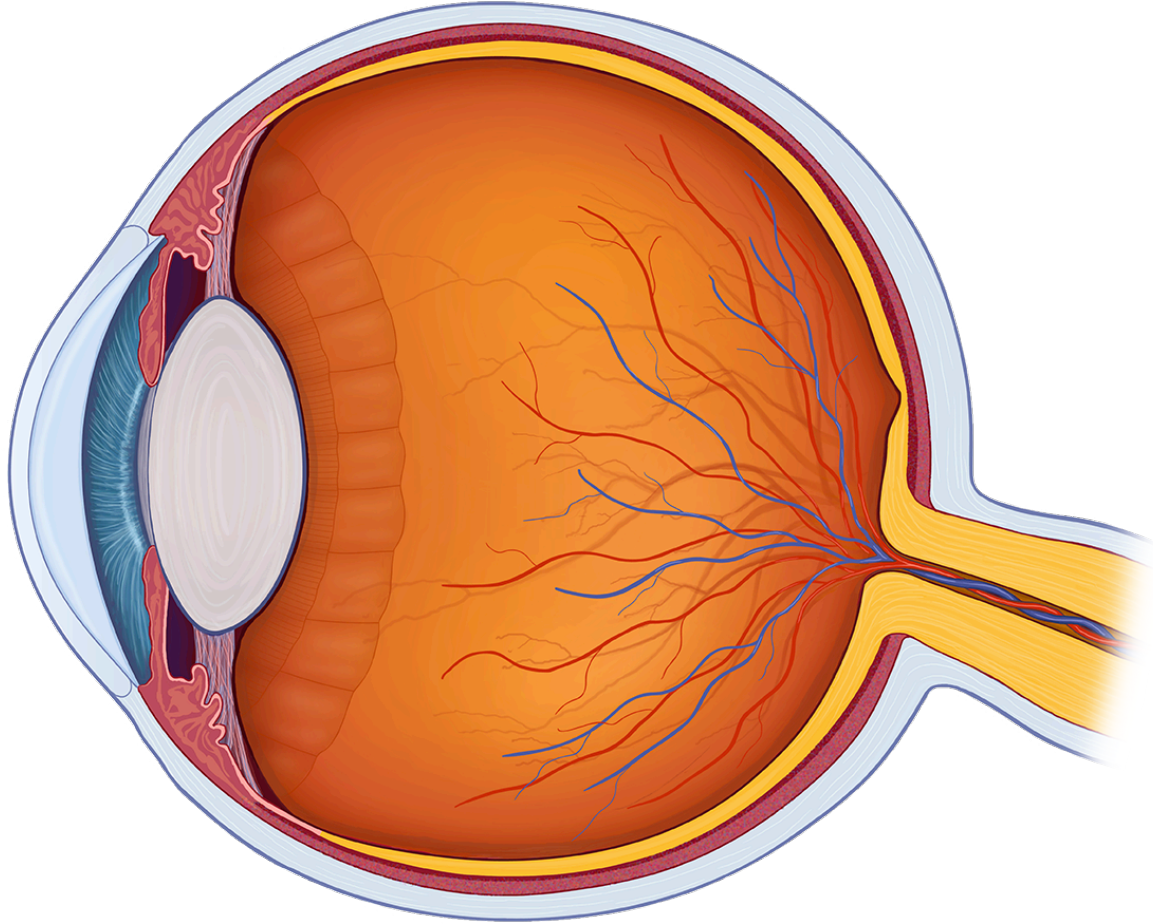


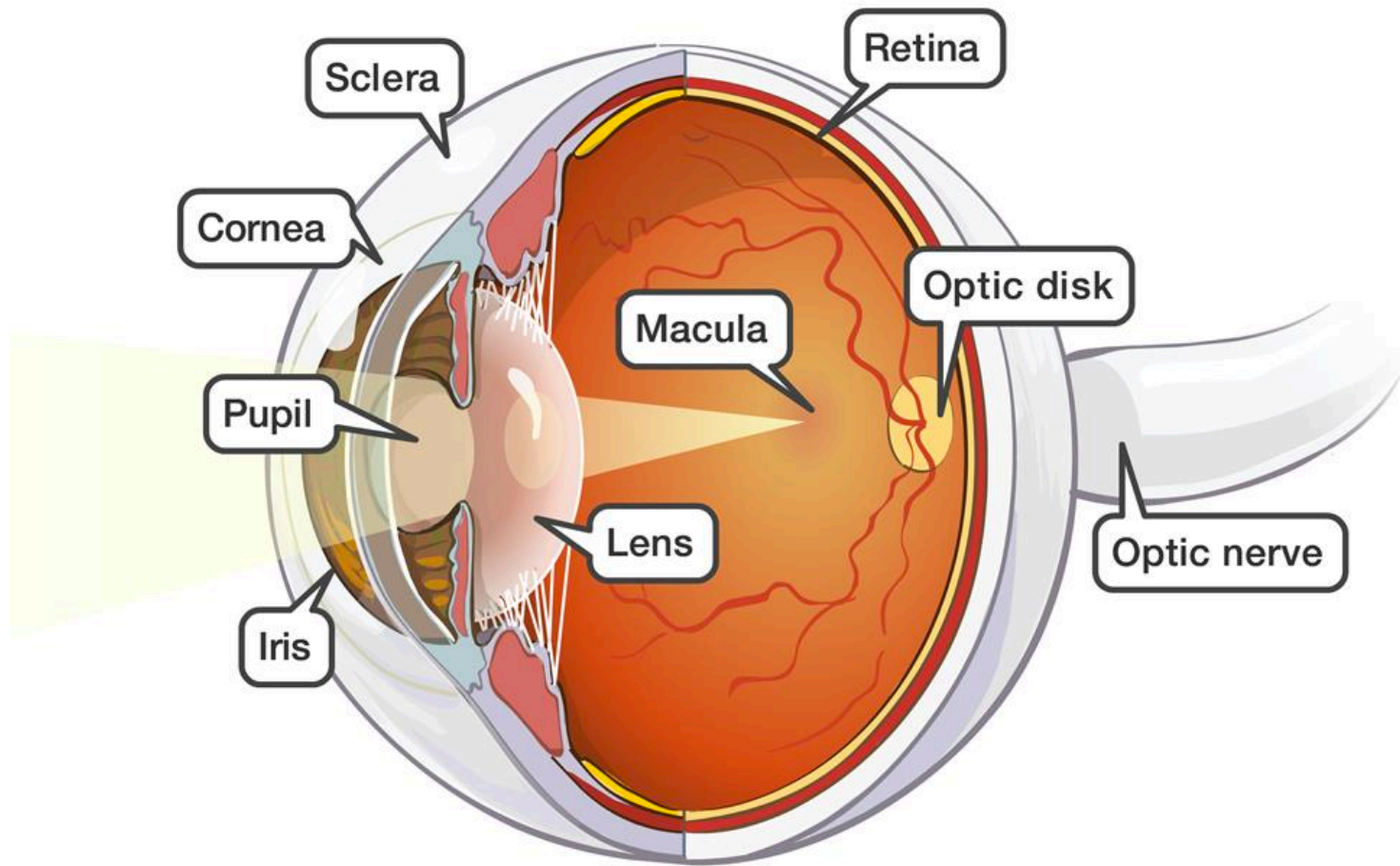


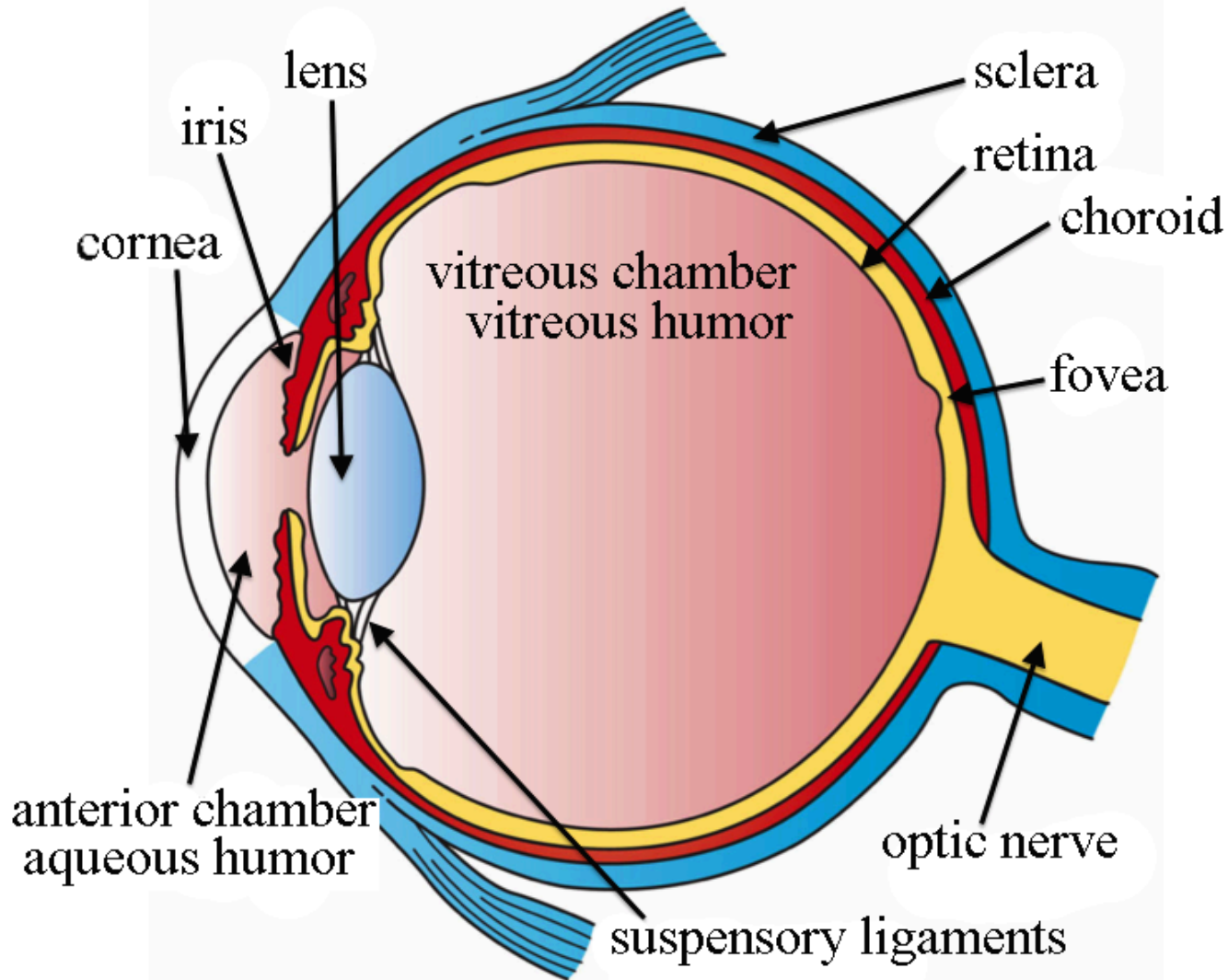
**(a) Lateral surface, right eye**







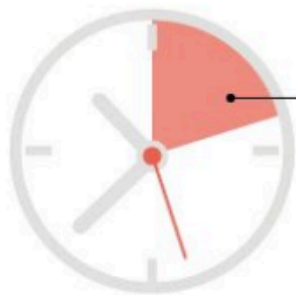




## EYE SAFETY AND SPORTS

APPROXIMATELY  
**40,000**

sports-related eye injuries  
each year in the U.S. are  
severe enough to require  
emergency room care.



THAT'S  
**ONE EVERY  
13 MINUTES!**



About **90%** of sports injuries  
are preventable by wearing  
protective eyewear.



### **PROTECTIVE SPORTS EYEWEAR CAN:**

shield the eyes from flying objects or physical contact with  
another player, block harmful UV rays and  
potentially improve vision.

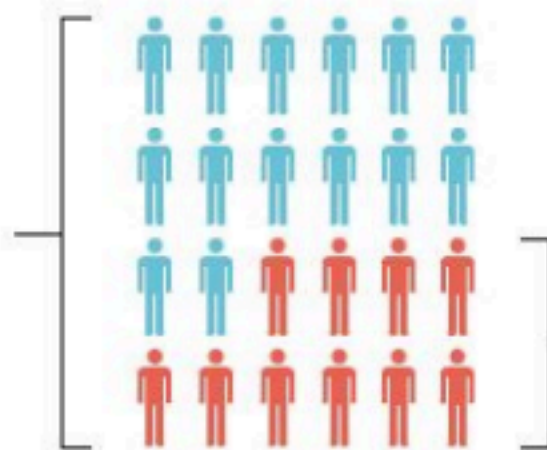




## EYE SAFETY ON THE JOB

**2.4**  
**MILLION**

eye injuries occur in the  
U.S. each year.



NEARLY  
**1 MILLION**

Americans have lost  
some degree of eyesight  
from an eye injury.

## EYE SAFETY AT HOME



**125,000** eye injuries each year  
in the U.S. are caused by household items.



### **1 AND 2-YEAR-OLD CHILDREN**

have the highest risk of burning their eyes with chemicals. Installing safety locks on cabinets can protect children from eye injuries.



### **CERTAIN TOYS**

also can cause eye injuries in the home. Always choose age-appropriate toys and keep a close eye on them if the toy shoots projectiles or has very pointy parts.



### **WEAR SAFETY GOGGLES**

while doing at-home repairs or renovation, painting, cleaning with chemicals, and doing yardwork.

# Οφθαλμικές Κακώσεις

Επείγουσα κατάσταση

Συχνές βλάβες, σπανιότερα σοβαρές

Προσβολή οστών και μαλακών μορίων

Υψηλό διακύβευμα

Ποτέ μην υποθέτετε ότι η βλάβη είναι ασήμαντη

Χρησιμοποιούν άμεσης ιατρικής αντιμετώπισης

50% των σοβαρών κακώσεων συμβαίνουν στο σπίτι

# Είδη Κακώσεων

1. eye lid lacerations-θλαστικά βλεφάρων
2. corneal abrasions-τραύμα κερατοειδή
3. retinal detachment-αποκόλληση  
αμφιβληστροειδή
4. optic nerve damage-βλάβη οπτικού νεύρου
5. rupture of the eyeball-ρήξη βολβού
6. complete blindness-τύφλωση

# Συμπτώματα Οφθαλμικών Κακώσεων

Αίμορραγία εντός ή περιοφθαλμικά

Πόνος

Ανάγκη τριψίματος

Απώλεια ή μείωση όρασης

Θόλωση όρασης

Τύφλωση



# Αξιολόγηση Οφθαλμικών Κακώσεων

Έλεγχος όλων των ανατομικών μορίων

Οίδημα, τραύματα, ευαισθησία, όραση

Ερυθρότητα, πύον, ξένα σώματα

Έλεγχος ίριδας και κόρης

Αντίδραση σε φως

Έλεγχος κινητικότητας σε όλες τις κατευθύνσεις

Πόνος στις κινήσεις;

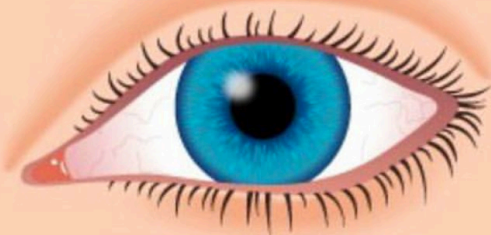






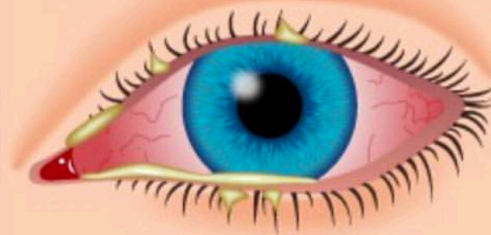
# Επιπεφυκίτιδα





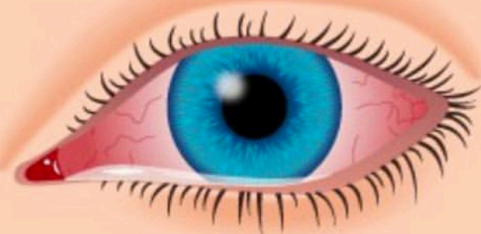
### **Normal eye**

In a healthy eye, the sclera is essentially white with only a few small blood vessels visible. There is an adequate tear film, with no significant discharge or watering.



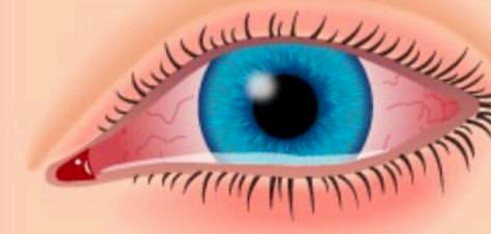
### **Bacterial conjunctivitis**

A red eye with a sticky yellow or yellow/green discharge. Eyelids may be stuck together upon waking. Can affect one or both eyes. Usually spread by direct contact only.



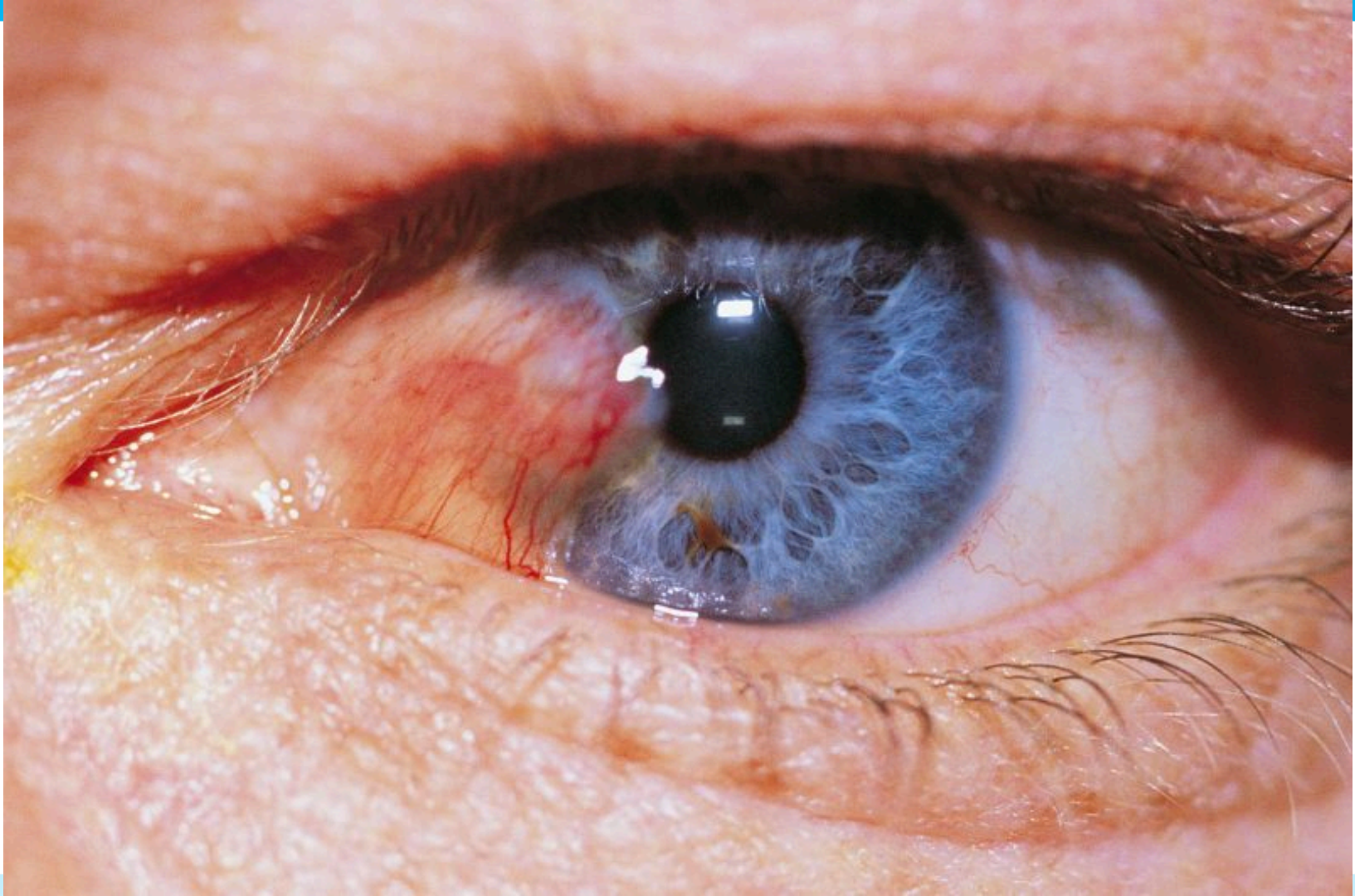
### **Viral conjunctivitis**

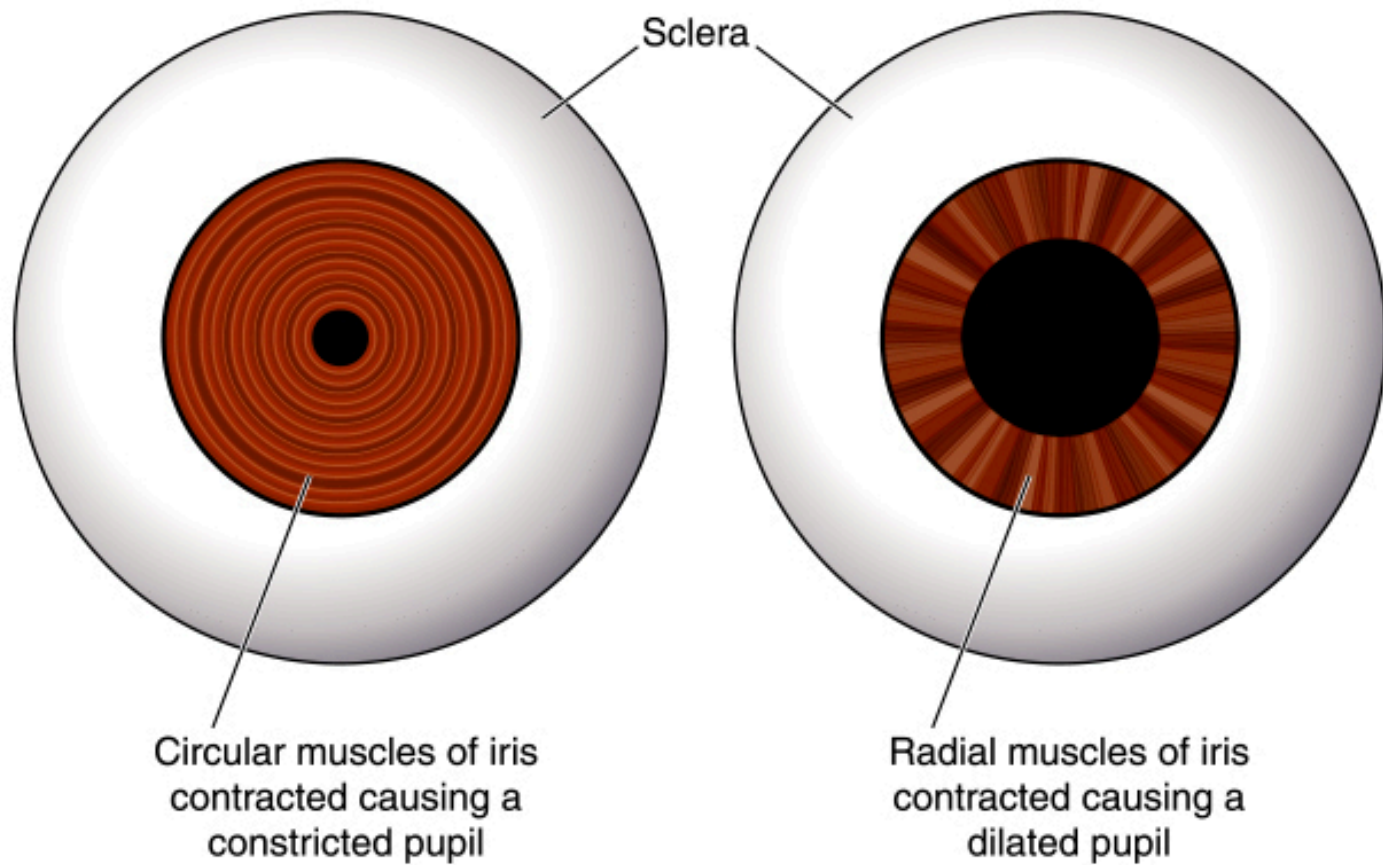
The type of conjunctivitis most commonly associated with the term "pink eye." Appearance: red, itchy, watery eye. Can affect one or both eyes. Highly contagious.



### **Allergic conjunctivitis**

Very similar in appearance to viral conjunctivitis, but accompanied by nasal congestion, sneezing, eyelid swelling and sensitivity to light. Both eyes are affected. Not contagious.





# 6 Causes of Dilated Pupils

Normal pupils



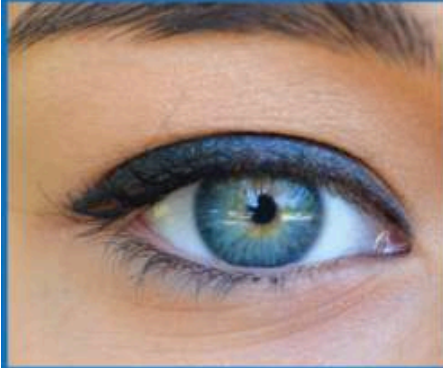
Dilated pupils



Anisocoria



## Constricted Pupils



Heroin  
Morphine  
Oxycodone  
Fentanyl  
Methadone  
Codeine  
Hydrocodone

## Red Eyes



Marijuana  
Cocaine or Crack  
Benzodiazepines  
(i.e. Xanax)  
Depressants  
(i.e. Alcohol or Sedatives)

## Dilated Pupils



Amphetamines  
Methamphetamines  
Cocaine or Crack  
Hallucinogens  
(i.e. LSD or mushrooms)  
Opiates  
(prescription painkillers)  
Heroin  
Marijuana  
Speed













# Υπόσφαγμα





- 1 Follow DRSABCD.
- 2 Place a light dressing over the injured eye - make sure there is no pressure on the eye.
- 3 Lie the patient in a comfortable position on their back.
- 4 Ask the patient not to move their eyes.
- 5 Seek medical aid.





# Μαύρο Μάτι

Παγωμένη κομπρέσα για έως 20 λεπτά

Κάλυψη με αποστειρωμένο επίδεσμο

Όχι άσκηση πίεσης

Ιατρική βοήθεια





elizabethhurley1 · 20 hours ago

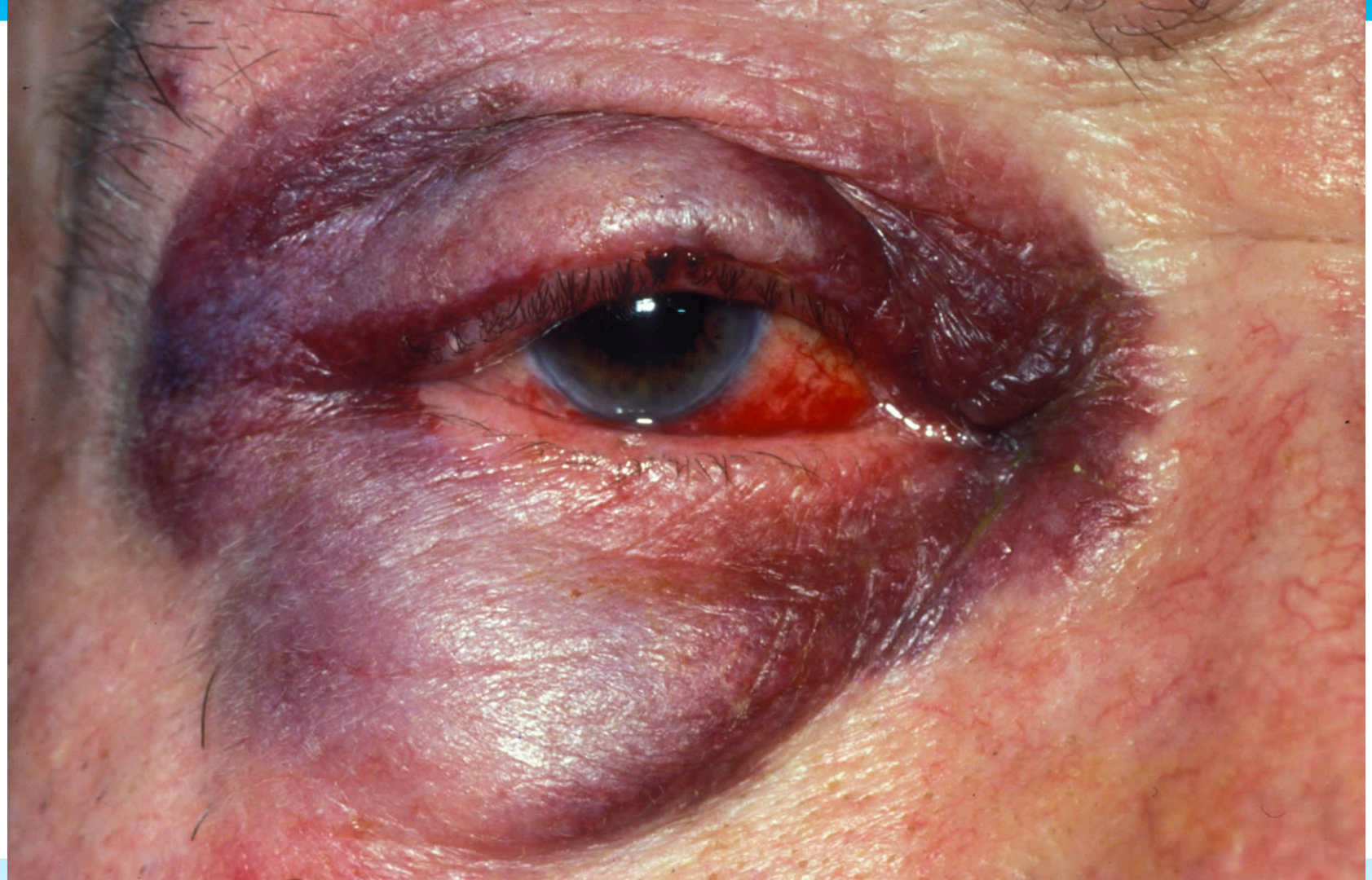
+ Follow



Bruised Queen.... #theroyals ep 6, season 3. Catch it up if you missed it 😊

8,181 likes 285 comments

Instagram



# Μικρού Μεγέθους Ξένα Σώματα

Στον σκληρό

Ανοιγοκλείνουμε τα βλέφαρα

Έκπλυση με φυσιολογικό ορό ή  
τρεχούμενο νερό

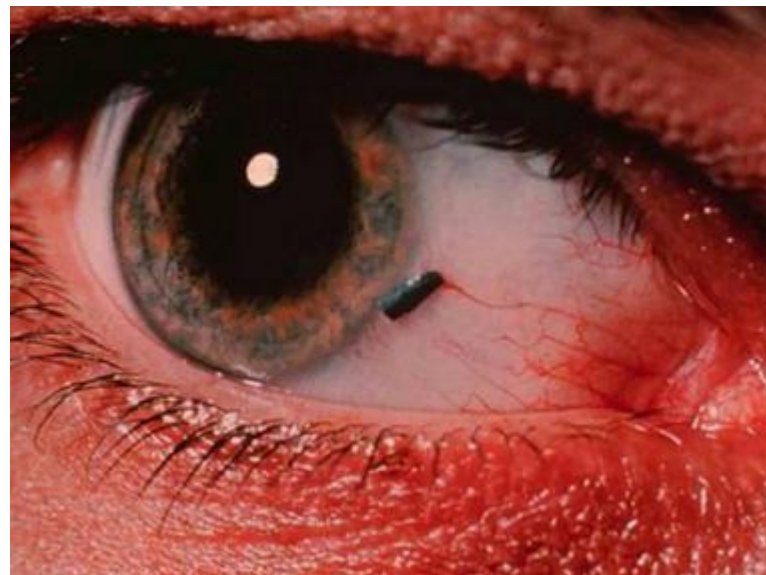
Ήπιος καθαρισμός με υγρό πανί από  
έσω προς τα έξω

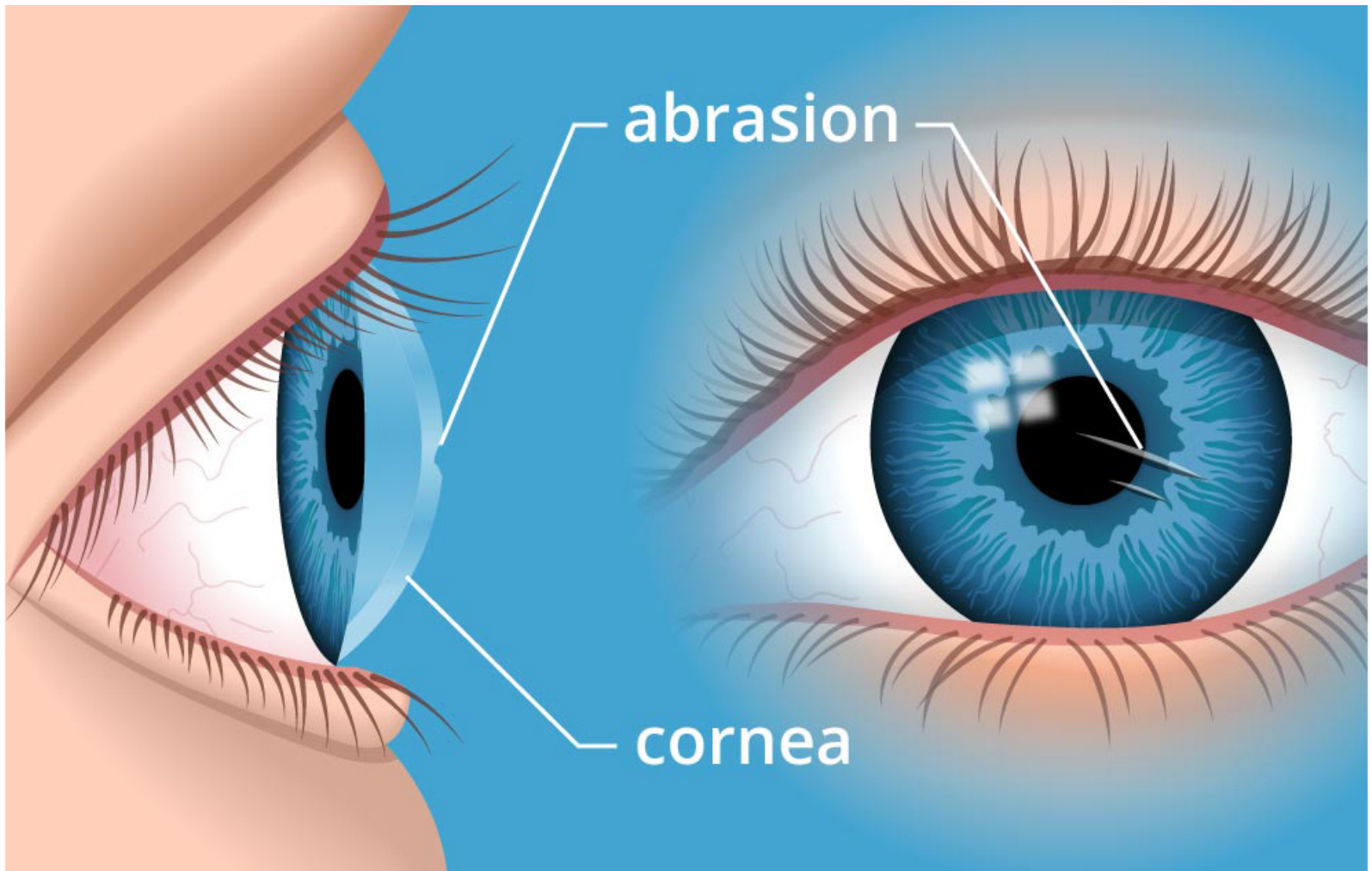
## **ΑΠΟΤΥΧΙΑ**

Κάλυψη με αποστειρωμένο επίδεσμο

Όχι άσκηση πίεσης

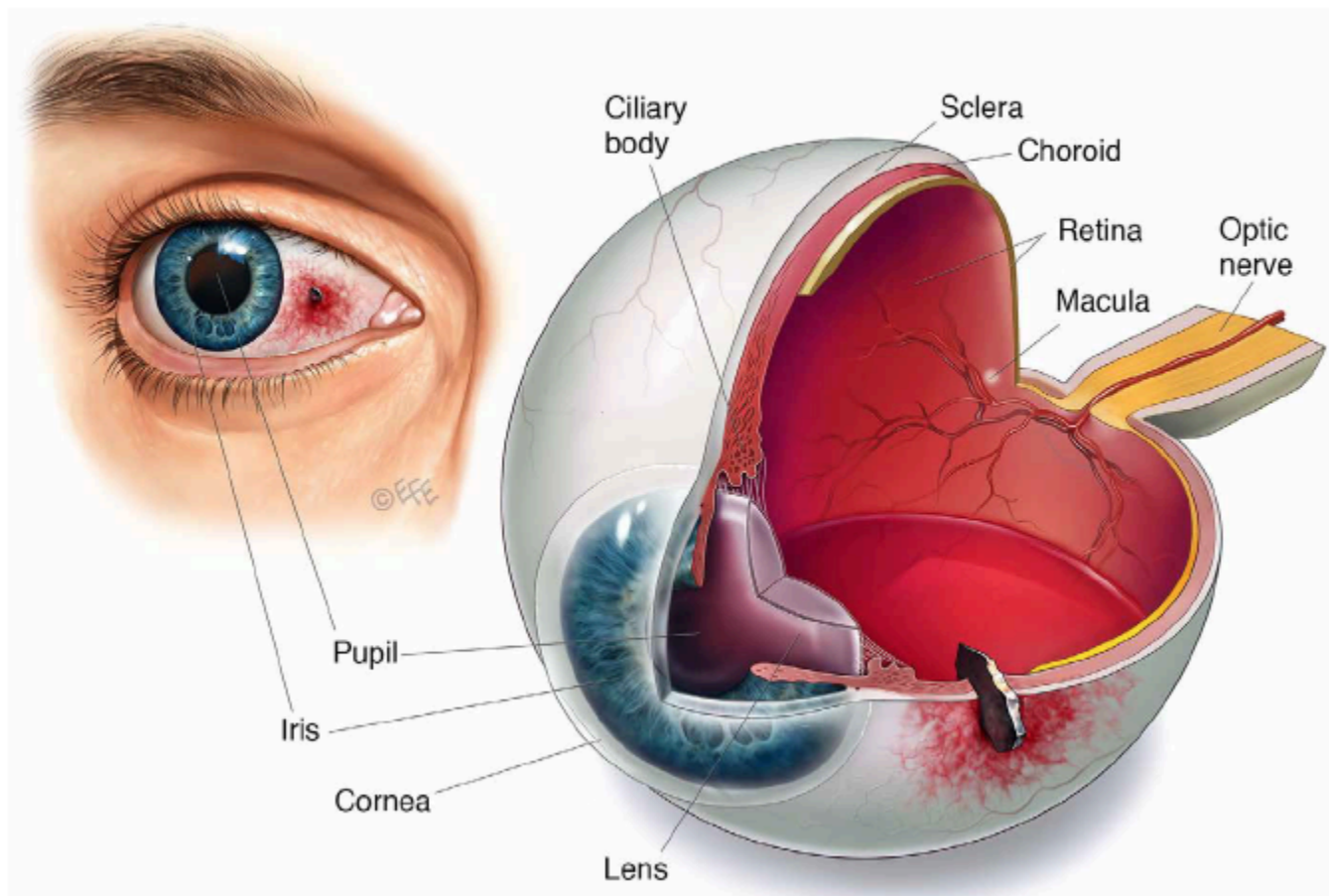
Ιατρική βοήθεια

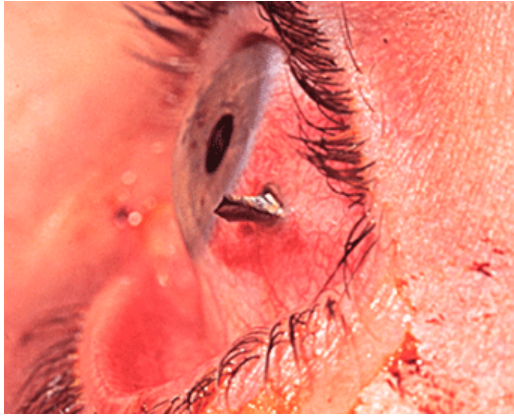




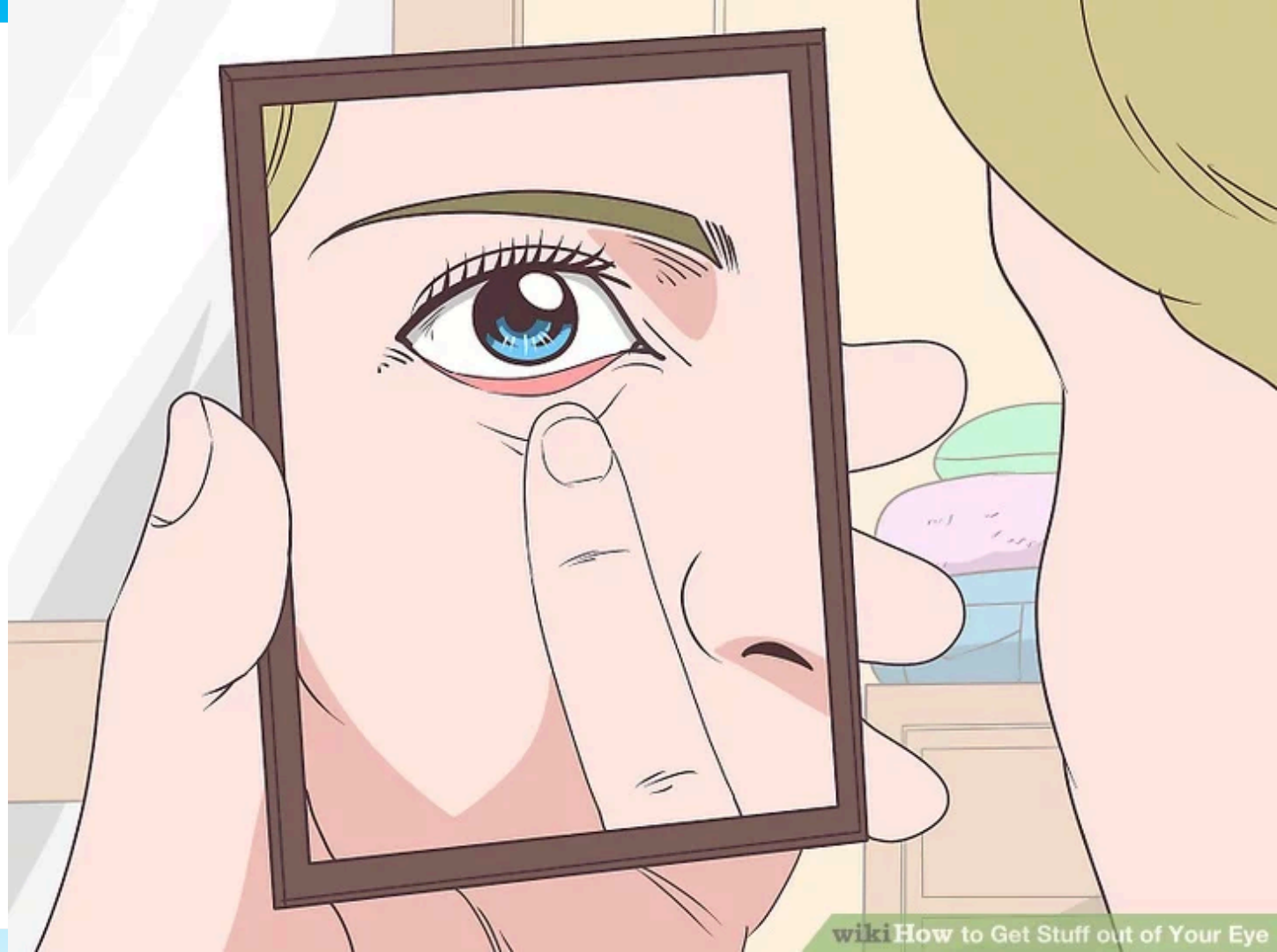
abrasion

cornea

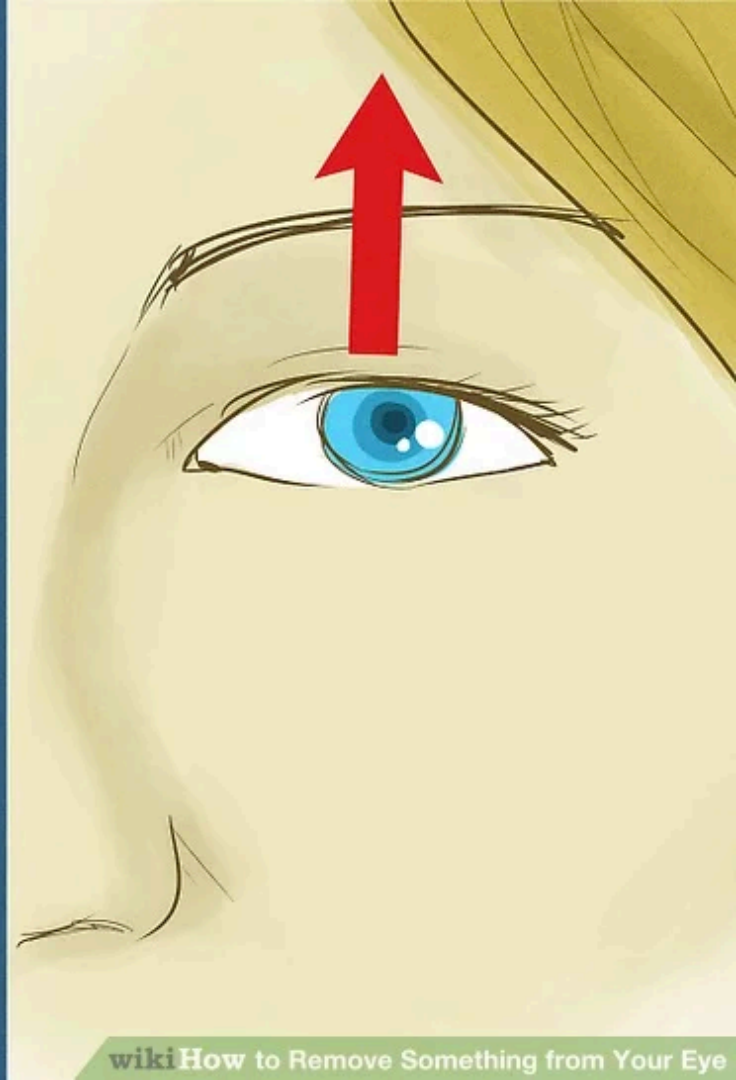
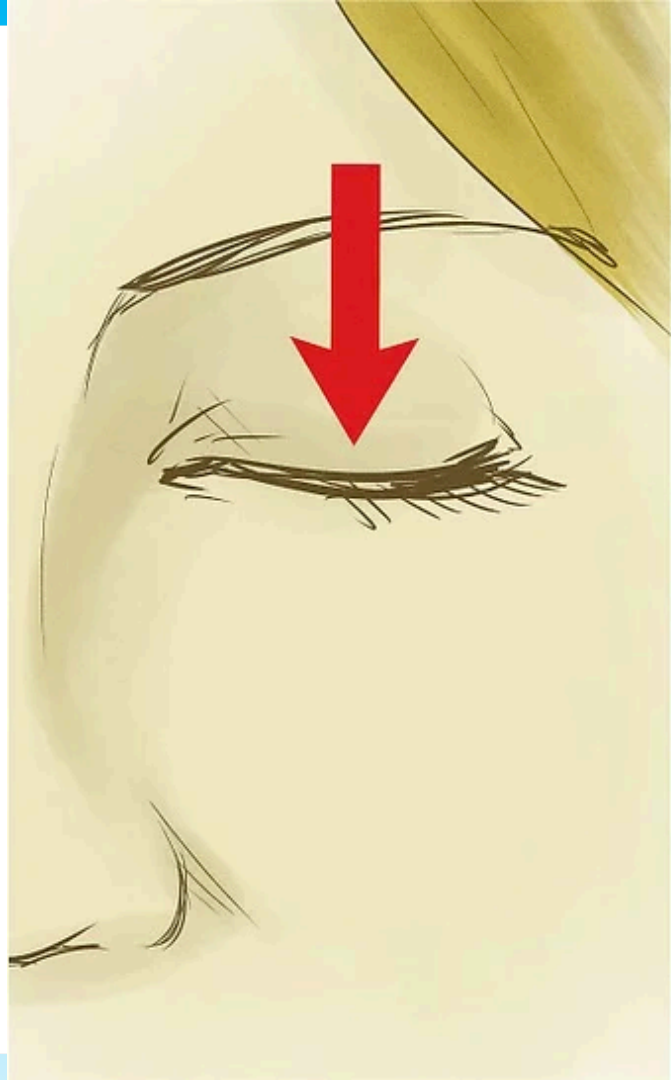


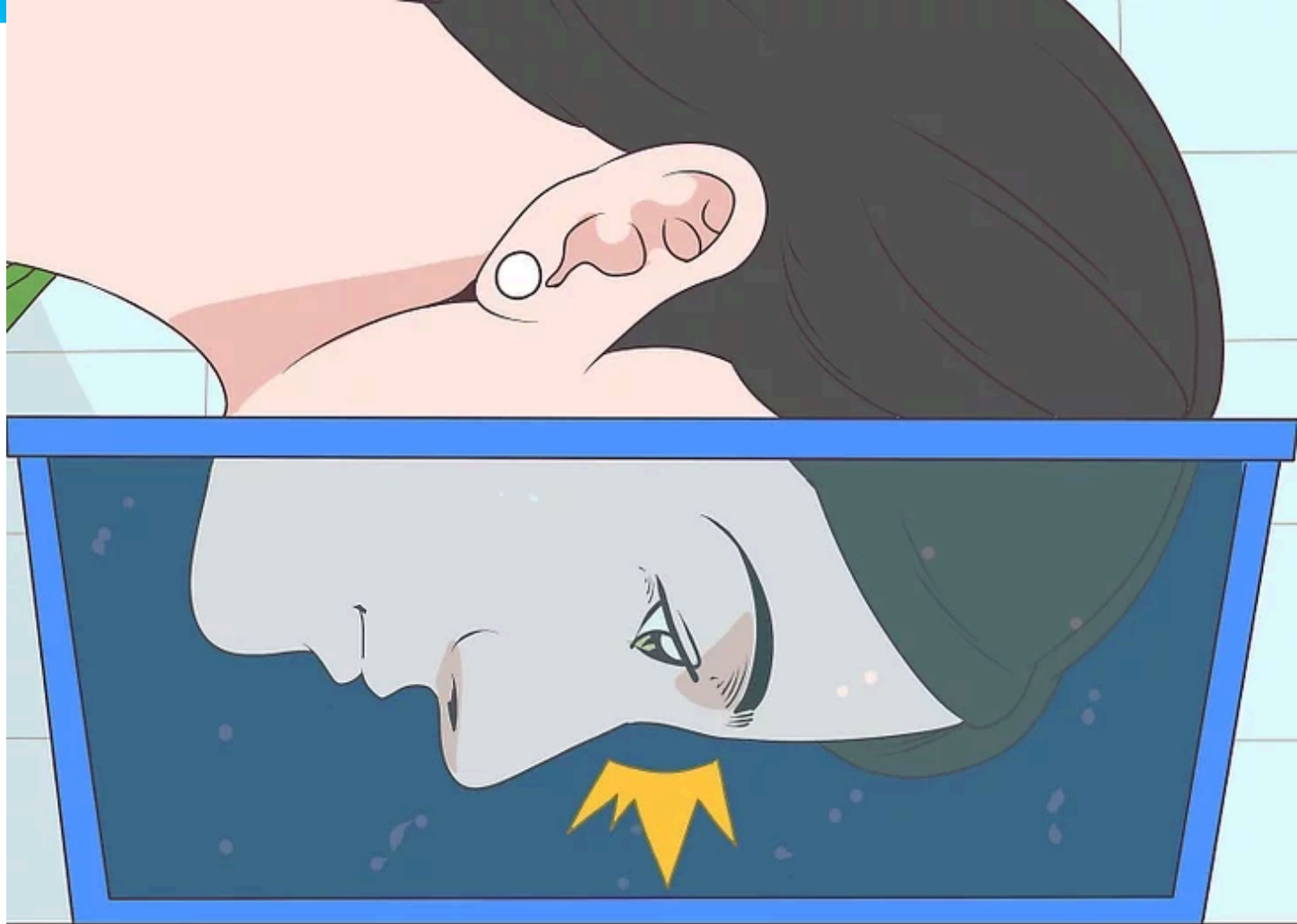


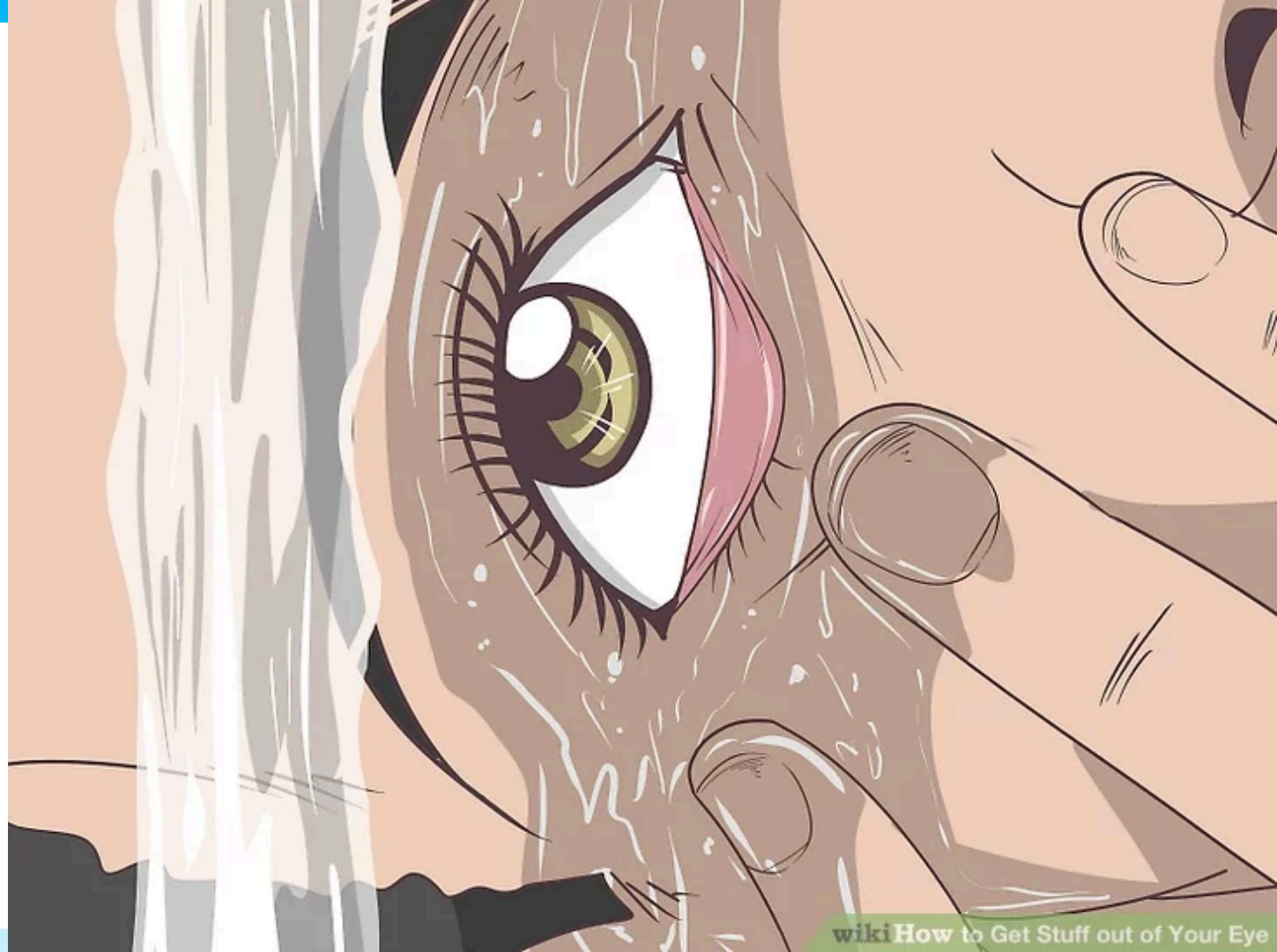






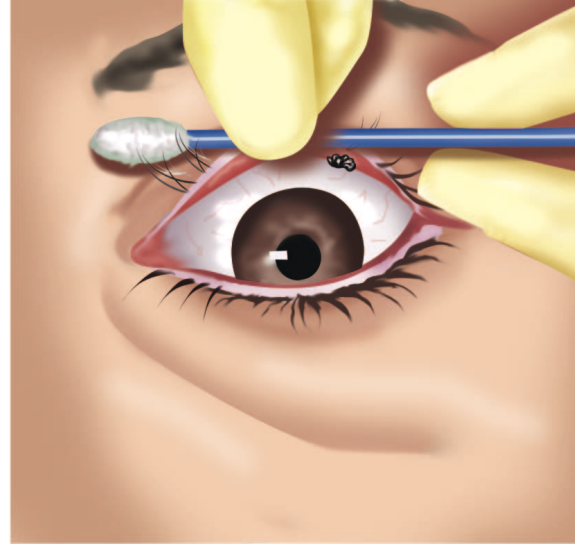
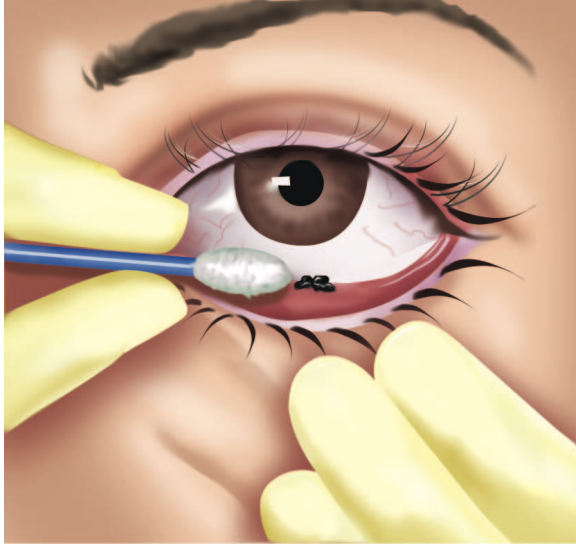








# Αφαίρεση ξένων σωμάτων από τον σκληρό







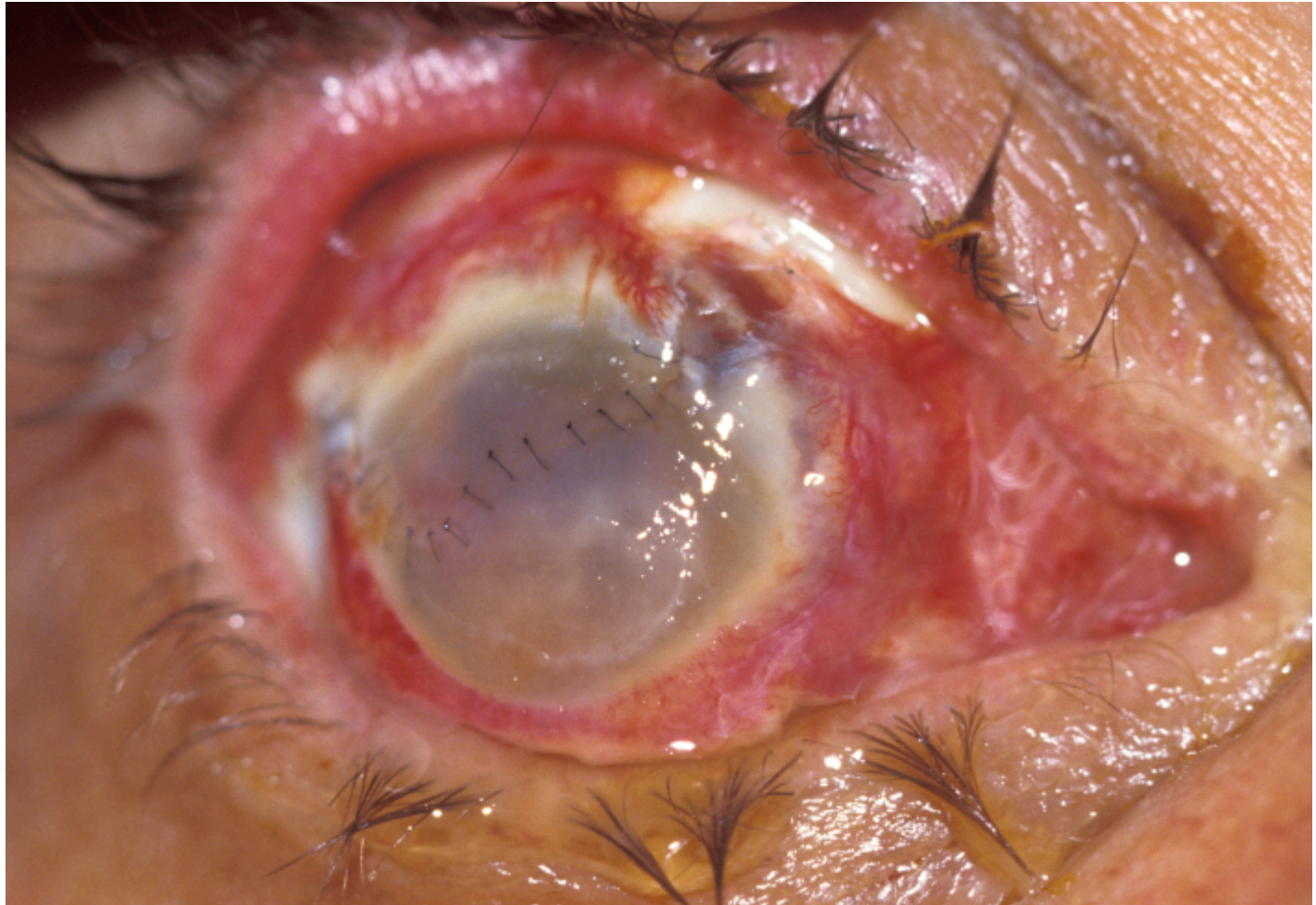
# Έκθεση σε Χημικές Ουσίες ή Αέρια





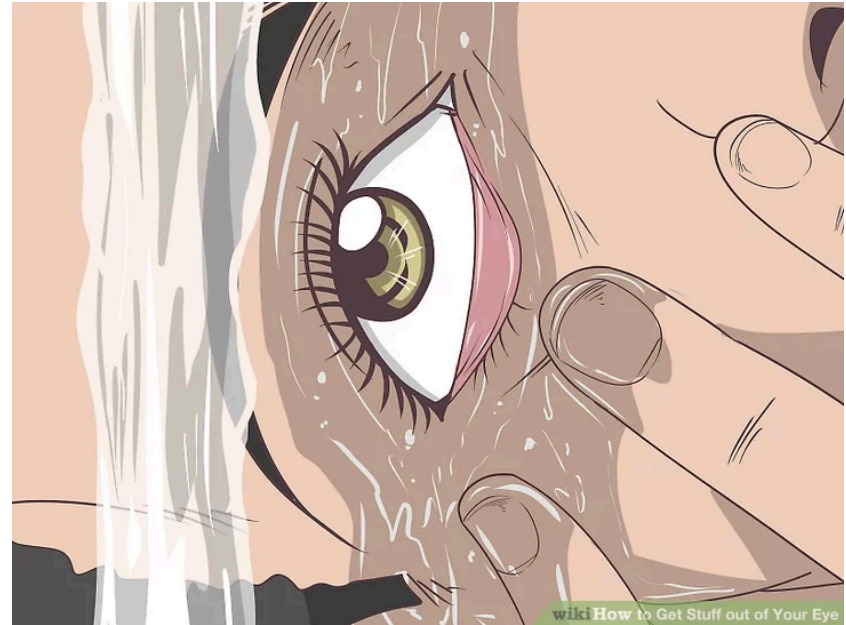






# Έκθεση σε Χημικές Ουσίες ή Αέρια

- Έκπλυση με νερό
- Κάλυψη
- Διακομιδή
- Όχι εντριβή
- Όχι κάλυψη ή πίεση

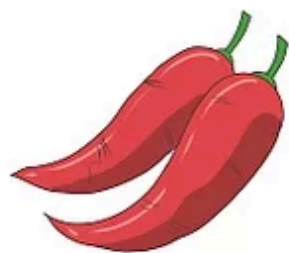




15  
MINUTES



5  
MINUTES



20  
MINUTES



20  
MINUTES



60  
MINUTES





# DEFENDING AGAINST TEAR GAS

THE FOLLOWING TIPS ARE TO BE EXERCISED **ONLY FOR DEFENSE PURPOSES** AND IN THE EVENT OF POLICE/GOVERNMENT OFFICIALS USING TEAR GAS IN PEACEFUL PROTESTS. **NEVER INCITE VIOLENCE.**

## ITEMS YOU WILL NEED

PAINTERS/DUST MASK  
FOUND IN HARDWARE STORES



EYE PROTECTION  
FOUND IN HARDWARE STORES



WATER SPRAY BOTTLE  
MAKE SURE WASHED OF ANY  
CLEANING SOLUTION



LIQUID ANTACID  
ANY IN LIQUID FORM SUCH  
AS MAALOX OR MYLANTA



## HELPING YOURSELF AND OTHERS

- AFTER USING THE LIQUID ANTACID AND WATER METHOD ON YOURSELF, HOLD UP YOUR SPRAY BOTTLE AND START SHOUTING FOR PEOPLE TO COME TOWARDS YOUR VOICE FOR HELP. SPRAY THEIR FACE AND MOUTH.
- IF YOU ARE WEARING EYE PROTECTION OR A MASK, BE PROACTIVE AND KICK THE CANISTER AWAY FROM THE CROWD. IF YOU CAN KICK IT DOWN A GUTTER, OR DOUSE IT WITH WATER, YOU CAN MINIMIZE ITS IMPACT.
- STAY PEACEFUL. PEACEFUL PROTEST IS THE ONLY WAY TO BE TAKEN SERIOUSLY AND TO BE TRULY HEARD.

## KNOW YOUR ENEMY

TEAR GAS IS A NON-LETHAL CHEMICAL WEAPON THAT STIMULATES THE CORNEAL NERVES IN THE EYES TO CAUSE TEARING, PAIN, AND EVEN BLINDNESS. TEAR GAS WORKS BY IRRITATING MUCOUS MEMBRANES IN THE EYES, NOSE, MOUTH AND LUNGS, AND CAUSES CRYING, SNEEZING, COUGHING, DIFFICULTY BREATHING, PAIN IN THE EYES, TEMPORARY BLINDNESS, ETC.

## TEAR GAS RELIEF

Liquid Antacid and Water (LAW)

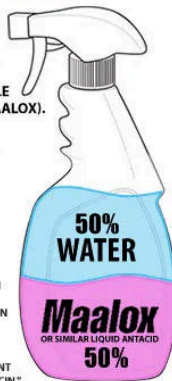
BE PREPARED FOR EXPOSURE. TEAR GAS IS A PARTICULATE, NOT REAL GAS, SO PAINTERS/DUST MASKS HELP.

**"GREEKS HAVE BECOME SKILLED AT CHOOSING THE RIGHT PROTECTIVE GEAR. MAALOX IS A MUST!"**

ARIS MESSINIS/AFP

- 1) FIND A GOOD SIZE SPRAY BOTTLE AND WASH WELL.
- 2) FILL HALF OF SPRAY BOTTLE WITH LIQUID ANTACID (MAALOX).
- 3) FILL THE REMAINING HALF OF BOTTLE WITH WATER.
- 4) WHEN EXPOSED SPRAY YOUR EYES AND MOUTH, THEN SWALLOW.

ALSO EFFECTIVE AS PEPPER SPRAY REMEDY  
A UNIVERSITY OF CALIFORNIA SAN FRANCISCO-BASED STUDY HAS FOUND THAT TOPICAL APPLICATION OF ANTACIDS\* FOR CAPSAICIN-INDUCED PAIN IS EFFECTIVE, PARTICULARLY IN EARLY TREATMENT OF EXPOSURE TO REFINED CAPSAICIN.\*



deptofunitedwerise@hotmail.com  
STAY VIGILANT. STAY UNITED. STAY INFORMED. PROTECT YOUR FELLOW COUNTRYMEN. DO NOT TRUST THE MEDIA.

SOURCES:  
@JasonPicard

GLOBAL POST: <http://www.globalpost.com/dispatches/news/regions/europe/protestor-chic-how-greeks-prepare-tear-gas>  
Wikia (Medic Wiki): [http://medic.wikia.com/wiki/Pepper\\_spray\\_and\\_tear\\_gas](http://medic.wikia.com/wiki/Pepper_spray_and_tear_gas)  
WIKIPEDIA: [http://en.wikipedia.org/wiki/Tear\\_gas](http://en.wikipedia.org/wiki/Tear_gas)



# Χημικά Εγκαύματα



Immediately wash  
your eyes with water



If you are wearing the  
contact lens, remove  
the lens immediately



DO NOT bandage the  
eye



Consult your eye  
specialist at the earliest

# Ενσφηνωμένο Ξένο Σώμα

ΜΗΝ το αφαιρείτε

Κάλυψη

Εφησυχασμός

Διακομιδή



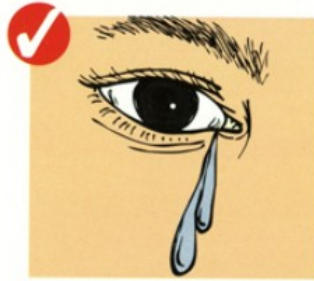




## Foreign Body in the Eye



DO NOT rub the eye



Try to let tears wash the foreign body out or use an eyewash

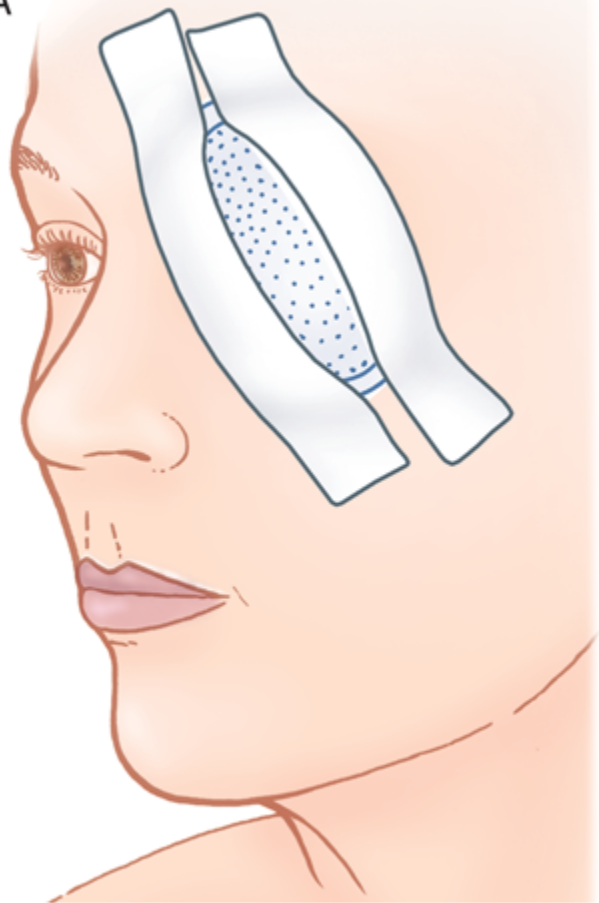


Wash eye with clean water

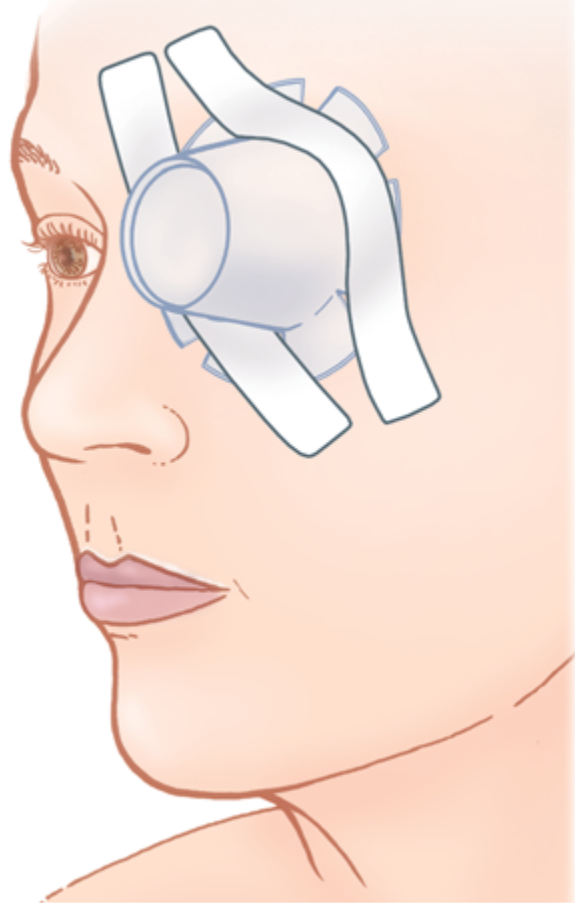


Consult your eye specialist if foreign body sensation persists

A



B









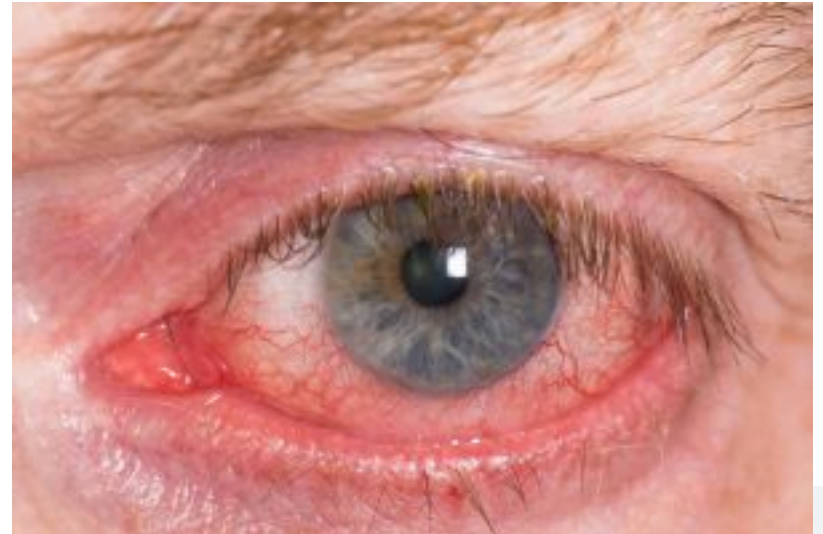
# Welder's Flash-Φωτοκερατίτιδα

Έγκαυμα κερατοειδή από έντονη UV  
ακτινοβολία ή άμεση έκθεση σε ηλιακό φως

Κάλυψη

Εφησυχασμός

Διακομιδή





# Fireworks Cause Injuries

Fireworks injure **9,300** people annually

**17%**  
Heads,  
faces & ears

**17%**  
Eyes

**5%**  
Torsos

**4%**  
Arms

**46%**  
Hands &  
fingers

**11%**  
Legs

## Safety Tips:

- Have water handy in case of an emergency
- Aim the fireworks away from flammable material and people
- Never extend body parts over the device
- Never relight a 'dud' firework



International Association  
of Fire Fighters



Sparklers

Θερμοκρασία

1,200 degrees

Fahrenheit

27% όλων των  
τραυματισμών

από

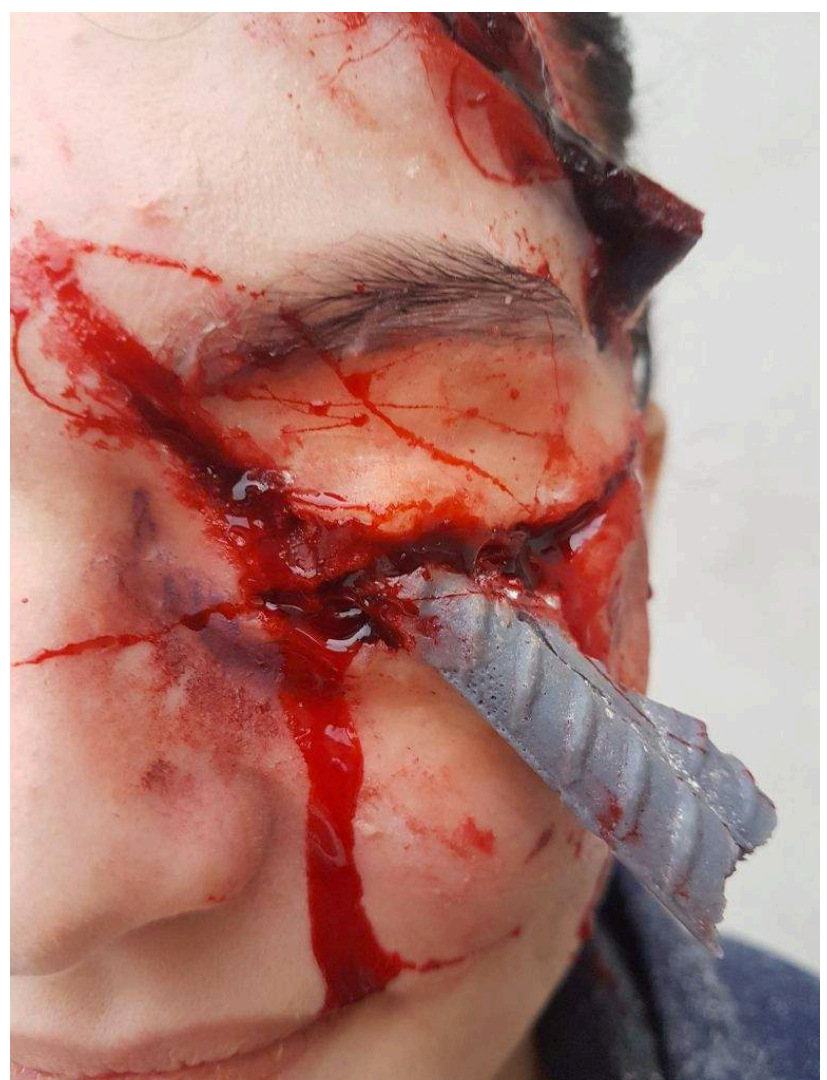
πυροτεχνήματα

Μαζί με

εγκαύματα 3<sup>ου</sup>

βαθμού

1/6 fireworks-  
related eye injuries  
results in  
permanent vision  
loss or blindness.



# Πρόληψη των οφθαλμικών κακώσεων



Wear eye protection for all hazardous activities



Wear sunglasses while going out





















David Guralnick / The Detroit News

Steve Yzerman suffered a serious eye injury when hit by a puck in the 2004 playoffs. The Red Wings captain used to be opposed to wearing a visor...but changed his mind. NOW he DOES.