



One Pair of Eyes© Guidelines for Student-Created PSA (Public Service Announcement) Assignment

- A. **Students create a Public Service Announcement** for Eye Safety and/or Eye Injury First Aid.
A PSA is like a commercial (an announcement) for something that everyone (the public) needs to know (that's the service). Your PSA should be 15 or 30 seconds in length, be geared to teens, and may include music, graphics and/or acting, if desired.
- B. **Information** for the PSAs must be obtained from this website and links on this website (to ensure accurate information).
- C. **Students choose ONE of the 6 topics**, and may work in groups of up to 5 people. (Suggestion: to ensure each topic is covered, print these pages, separate the topics by cutting apart the page, folding up each section and allow each group to draw a topic from a hat or bowl. Make multiple copies if you have more than 6 groups, but don't add a 2nd set unless all the topics will be chosen at least once.).
- D. PSAs should be created as a **DIGITAL MOVIE** (youtube style) **but may be** performed **LIVE** if technology does not allow for an electronic format. **Save** on a disk or flash drive.
- E. The following **safety and first aid information must be included** for the following subjects:



1. **CHEMICAL INJURIES**

a. **Prevention**

- 1. Splash (Cover) Goggles are the primary protectors against chemical eye injuries as they protect from both front and side splashing.
- 2. Face Shields enhance safety.

b. **First Aid**

- 1. **Call** the Poison Control Center at 1-800-222-1222.
- 2. Get to the nearest water source and flush the eye for 15 minutes.
- 3. Do not rub the eye, rubbing may cause more damage.
- 4. After flushing out the eye, immediately proceed to the nearest emergency room (or urgent care) or eye care professional and remember to take the bottle the chemical came in as (or its pamphlet) to help the doctor treat your eye.



2. HEAT INJURIES

a. PREVENTION

1. Safety spectacles and safety goggles deflect heat away from the eyes.
2. Filter or special purpose lenses may be used to protect against optical radiation or for tasks that require unusual filtering of light.

b. FIRST AID

1. Do not rub the eye, rubbing may cause more damage!
 2. Do NOT flush the eye! Do NOT add medication!
 3. Immediately go to the nearest emergency room or eye care professional.
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3. IMPACT INJURIES

a. Prevention

1. Safety spectacles are the primary protectors when engaging in activities that involve flying fragments, objects, large chips and particles.
2. Sports glasses are the primary protectors when engaging in any sporting activity.
3. Can be either prescription or non prescription.

b. FIRST AID

1. Immediately applying ice packs to a blunt impact eye injury which may reduce swelling and ease the pain of a black eye.
2. Lacerations (rips) to any area surrounding the eye or a part of the eye need immediate medical attention.
3. Do NOT attempt to remove a foreign body from the eye.
4. Go to the nearest emergency room or eye care professional immediately to have an impact eye injury assessed.

4. LIGHT INJURIES



a. PREVENTION

1. Primary protection against ultraviolet is achieved by using filter lenses that have a maximum protection of up to 400 nanometers.
2. Filter lenses must coincide to specific radiant energy exposure when performing tasks such as welding.
3. Primary protection against laser is achieved by using filter lenses that protect against the maximum power density of the laser being used.

b. FIRST AID

1. For complications experienced under short term intense ultraviolet exposure immediately go to the nearest emergency room or eye care professional.
 2. To assess long term complications that arise from ultraviolet exposure go to an eye care professional for a professional eye examination.
 3. Immediately go to the nearest emergency room or eye care professional if you are exposed to laser light greater than 0.005 watts per square centimeter (or if you're not sure of the power).
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5. FIREWORKS



a. PREVENTION

1. Avoid any personal use of fireworks, even sparklers.
2. Stand far, far away from others if you do use sparklers.
3. Safety spectacles or safety goggles are the primary protectors against fireworks (heat, light, and impact) injuries.

b. FIRST AID

1. Do NOT rub the eye, rubbing may cause more damage.
2. Do NOT flush the eye or add medication.
3. Lacerations (scratches or slashes) to any area surrounding the eye or a part of the eye need immediate medical attention.
4. Do NOT attempt to remove a foreign body from the eye.
5. Go to the nearest emergency room immediately to have a fireworks eye injury treated.



6. EYE INFECTIONS

a. PREVENTION

1. Keep your hands clean.
2. Keep your hands away from your eyes.
3. Do not share washcloths.
4. Never share **makeup!**
5. Avoid substances that make your eyes itch, water or burn.
6. Visit an eye care professional for proper contact lens fitting, handling and wear instructions.
7. Before handling contact lenses wash your hands thoroughly with an anti-bacterial soap.
8. Before inserting contact lenses into your eye check for damage.
9. Do not share contact lenses.
10. Do not moisten contact lenses by putting them into your mouth.

b. FIRST AID

If you experience any of the following symptoms go to the nearest emergency room or eye care professional for diagnosis and treatment:

- Redness
- Tearing
- Pain
- Sensitivity to Light
- Blurry Vision
- Feeling of something in your eye
- Scratchy feeling

F. For general information on PSAs, go to the University of Kansas' Community Tool Box:

http://ctb.ku.edu/tools/sub_section_main_1065.htm

G. PRESENTATION of PSAs:

1. Students perform/execute the PSA they created for the entire group.
2. Students turn in a written (if performed live) or electronic version (if on video) of the PSA.
3. Teachers may forward exceptional PSAs to PBO/Nationwide Children's Hospital Community Education Department for potential use in future teen Eye Health and Safety programs. Your class could win an award or publication!

Call (614) 355-0679 for more info.