



# FIRST AID



## Cuts & Scrapes

If there is bleeding, press firmly over the site with a clean cloth until it stops. Clean with lukewarm running water and gently pat dry. If the skin is broken, apply a thin layer of antibiotic ointment, then cover with a bandage or gauze and adhesive tape.



## Eye Irritation

Wash (irrigate) the eyes with large amounts of water, occasionally lifting the lower and upper lids. If a chemical gets in the eye, flush immediately for at least 15 minutes and seek medical attention.



## Burn

Immediately hold injury under cold running water or apply a cold, wet towel until the pain subsides. Use burn cream as needed. Cover any small blisters with a loose bandage or gauze and tape.



## Splinter

Use soap and water to wash around splinter. Clean a pair of tweezers with rubbing alcohol and slowly pull the splinter out. Rewash the skin.



## Nosebleed

Sit upright and don't tilt your head back. Pinch the lower end of the nose close to the nostrils and lean forward while you apply constant pressure for 5 to 10 minutes. Don't release and check the nose; it could prolong the bleeding.



## Sprains & Strains

Immobilize the affected area, elevate it, and apply ice and compression to reduce swelling. Strains accompanied by severe pain, swelling, or discoloration may require medical attention through a company-provided physician or urgent care center. In milder cases, rest, ice, and anti-inflammatory medication will help the area heal. (Always consult with your personal doctor before taking any medication.)

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*Always report work-related injuries to your manager no matter how small. If medical treatment beyond first aid is required, they can refer you to a company-provided physician or urgent care center.*