

## Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

### Customer Services Department

Livewell Southwest  
Room AF3, Local Care Centre  
200 Mount Gould Road  
Plymouth  
PL4 7PY

**Tel:** 01752 435201

**Email:** [customerservicespch@nhs.net](mailto:customerservicespch@nhs.net)

## Contact details

**The Minor Injuries Units are open every day of the year, including Bank Holidays.**

### Minor Injuries Unit Cumberland Centre

Damerel Close  
Plymouth  
PL1 4JZ

**Tel:** 01752 434390

**Opening times:** 8:30am - 9pm

### Minor Injuries Unit South Hams Hospital

Plymouth Road  
Kingsbridge  
TQ7 1AT

**Tel:** 01548 852349

**Opening times:** 9am - 5pm

### Minor Injuries Unit Tavistock Hospital

Spring Hill  
Tavistock  
PL19 8LD

**Tel:** 01822 612233

**Opening times:** 8am - 10pm

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)



Livewell Southwest



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## Information & Advice

# Welding Flash

## Minor Injuries Unit

Cumberland Centre  
South Hams Hospital  
Tavistock Hospital

## What is a welding flash?

A welding flash or arc eye is caused by the bright light given off by the welding torch. It causes burning of the cornea, the clear part at the front of the eye.

Using sunray lamps without protective goggles can cause the same problems.

## Symptoms

The symptoms will not be obvious immediately, although several hours after the exposure the eyes will be:

1. Painful
2. Sensitive to light
3. Watering

It will also become increasingly difficult to open the eyes due to spasm of the eyelid muscle, and if there is no improvement after 30 minutes please contact the Accident & Emergency department at the eye hospital.

## Treatment

On arrival at the department, the vision will be checked, cold pads will be placed on the eyes and a local anaesthetic drop will be instilled to help the pain. The effects will last for 15 - 20 minutes. Drops and / or ointment may be given for use at home to help heal the damaged cornea.

If the pain becomes unbearable take painkillers (as you would normally take for a headache). Do not exceed recommended dosage. Please read instructions on the packet.

**Welding users and sunray lights need to be treated with respect as they are established hazards.**

## The future

If it should happen again, it is advisable to bathe your eyes with clean cold water (cold compresses are useful) for at least 30 minutes until pain free.

**Please always wear protective goggles or mask whenever welding, working in a welding environment or when using a sunray lamp.**