

Emergency Procedures for OC Spray, Pepper Spray and Long-Range Acoustical Devices

Step-by-Step: Flushing OC Spray and Pepper Spray from the Eyes

1. Move to Fresh Air Immediately

- Get away from the source of the spray. **Do not rub your eyes or face!**

2. Stay Calm and Control Breathing

- Breathe slowly through your mouth. OC spray can cause panic and hyperventilation.

3. Remove Contaminated Items

- **Contact lenses:** Remove and discard.
- **Eyeglasses:** Wash thoroughly with soap and water.
- **Clothing:** Remove if contaminated, especially around the face and neck.

4. Prepare a Flushing Solution

- **Use Cool Water Only!**
- **Avoid:** Milk, baby shampoo or baking soda mixtures—these are not medically recommended and can cause further irritation.

5. Flush the Eyes

- Tilt the head **to the side of the affected eye**, so the chemical drains **away from the unaffected eye**.
- Gently pour solution from the inner corner of eye (by the nose) outward, across the eye.

- Do not use high pressure.
- **Blink repeatedly** while flushing to help clear the substance for **10–20 minutes**.

6. Wash Exposed Skin

- Use **cool water and mild, oil-free soap**.
- Avoid hot water—this opens pores and can worsen the burn.
- Pat dry with a clean towel. **Do not rub.**



7. Seek Medical Attention if:

- Vision doesn't return to normal within 30 minutes.
- You experience severe chest tightness, breathing problems or wheezing.
- Eye redness or discharge persists.

Step-by-Step: Flushing Tear Gas from the Eyes

1. Get to a Safe Area

- **Leave the affected area immediately.**
Move upwind or into fresh air.
- Avoid running; it can increase exposure by deepening your breaths.

2. Do Not Rub Your Eyes

- Rubbing spreads the chemical and increases irritation.



3. Remove Contact Lenses and Glasses

- **Glasses:** Rinse and set aside.
- **Contacts:** Remove and discard.

4. Prepare or Use a Flushing Solution

- **USE WATER ONLY!**
- Use a **squeeze bottle** with a gentle stream.

5. Tilt the Head

- Tilt the head **to the side of the affected eye**, so the chemical drains **away from the unaffected eye**.

6. Begin Flushing

- Gently pour water from the inner corner of the eye (near the nose) outward, across the eye.
- **Flush continuously for at least 10-15 minutes**, blink often while flushing to clear the irritant.

7. Avoid Contaminating Others

- Those helping should wear **gloves**, avoid contact with skin and clothing.
- Wash hands thoroughly afterward.

8. Dispose of Contaminated Items Safely

- Place contacts, gloves and used materials in a sealed bag.
- Wash contaminated clothes separately in cold water.

9. Seek Medical Attention if:

- There is severe pain, prolonged redness or discharge.
- The person has asthma or is having trouble breathing.
- Vision doesn't return to normal within 30 minutes.

Protecting Yourself from Long-Range Acoustic Devices

What is a Long-Range Acoustic Device (LRAD)?

An **LRAD** is a crowd-control weapon used by law enforcement to issue loud warnings or disperse crowds. It emits high decibel (dB) sound waves capable of causing **pain, disorientation, hearing damage and permanent auditory injuries**.

How to Protect Yourself

1. Wear Hearing Protection

- **Foam earplugs:** with Noise Reduction Rating (NRR) greater than 30dB.
- **Earmuffs:** with NRR greater than 20dB.
- **Layering** earmuffs with earplugs provides the best level of protection.

2. Recognize LRAD Appearance

- Often mounted on vehicles or tripods.
- Disc-shaped or rectangular with speaker grids.

3. Distance and Line of Sight

- **Move diagonally away** from the source—never directly back, as the sound beam is highly directional.
- Use **solid barriers** (vehicles, walls, buildings) to absorb and block the sound.



4. Group Coordination

- Have a **designated signal or plan** if an LRAD is spotted or activated.
- Know **exit routes** and safe spaces ahead of time.

5. Aftercare if Exposed

- Seek a quiet place to **recover**.
- Document symptoms and seek medical evaluation if **pain or hearing changes persist**.

Adapted in part from: Physicians for Human Rights, Scientific American, the Centers for Disease Control and the National Institute for Occupational Safety and Health.