

Vision is a gift.

Make the extra effort to protect it.

According to the American Academy of Ophthalmology, an estimated 90 percent of eye injuries are preventable with the use of proper safety eyewear. Even a minor injury to the cornea—like that from a small particle of dust or debris—can be painful and become a life-long issue, so take the extra precaution and always protect the eyes. If the eye is injured, seek emergency medical help immediately.

Facts about Eye Injuries

- Men are more prone to eye injuries than women.
- Every year, more than 40 percent of eye injuries are associated with sports and recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals and dust. The eyes need to be protected from prolonged sun exposure, so have sunglasses with UV protection on hand. Prevention is specifically essential for those in their teens, twenties and thirties, as their eyes are the most vulnerable to the sun's ultraviolet rays.
- Accidental eye injury is one of the leading causes of visual impairment in the United States
- Wearing protective eyewear during home-based activities can help prevent 90% of all eye injuries.

Sports

It's also recommended that you protect your eyes from injury when participating in certain sports, including:

- Indoor racket sports
- Paintball
- Baseball
- Basketball
- Hockey
- Cycling

- Riding a being a passenger on a motorcycle

When to Wear Protective Eyewear

According to these standards, you (or anyone who is watching you work) should always wear properly fitted eye protective gear, such as safety glasses with side protection/shields, when:

- Doing work that may produce particles, slivers, or dust from materials like wood, metal, plastic, cement, and drywall
- Hammering, sanding, grinding, or doing masonry work
- Working with power tools
- Working with chemicals, including common household chemicals like ammonia, oven cleaners, and bleach
- Using a lawnmower, riding mower, or other motorized gardening devices like string trimmers (also called “weed wacker” or “weed whip”)
- Working with wet or powdered cement
- Welding (which requires extra protection like a welding mask or helmet from sparks and UV radiation)
- “Jumping” the battery of a motor vehicle
- Being a bystander to any of the above

For more information contact:

<https://www.cdc.gov/features/healthyvision/index.html>