



Share the Wellness Tip

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Keep your Peepers Protected

Eye injuries of all types occur at a rate of more than 2,000 per day. The best way to prevent injury to the eye is to always wear eye protection. More than 90 percent of eye injuries could be prevented with the right safety eyewear.

It's easy to take your sight for granted. But protecting your eyes from injury is crucial – no matter where you are or what you're doing:

- Almost half of eye injuries take place at home while people are doing repairs, working in the yard, cleaning or cooking.
- More than 40 percent of eye injuries occur in sports or recreational activities.
- Protective glasses can prevent most eye injuries.

To Protect Your Vision, Follow These Recommendations

At home, wear protective glasses when:

- Using bleach, oven cleaner or other hazardous chemicals
- Hammering nails or drilling screws into walls or hard surfaces
- Mowing the lawn or using power trimmers, edgers or clippers
- Using other power or hand tools
- Applying solvents
- Sanding or performing a task that produces dust or fragments

At play, regular eyeglasses don't provide enough protection if you're playing sports. For all age groups, sports-related eye injuries occur most frequently in baseball, basketball and racquet sports.

To help keep your eyes safe:

- Wear a helmet with a polycarbonate face mask or wire shield when playing baseball, ice hockey or lacrosse.
- Wear protective glasses with polycarbonate lenses when playing racquet sports, basketball, soccer and field hockey.
- Wear protective glasses when fishing or engaged in other activities involving sharp objects.

Besides wearing the right safety eyewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision at every stage of life.

Sources: Federal Occupational Health; American Academy of Ophthalmology

