

For more information about protective eyewear,
visit the **Healthy Vision Website** at
www.healthylvision2010.org/.

Don't Lose Sight of Eye Injury. Use Protective Eyewear.

Are you at risk for eye injury?

Just about everyone is at risk for eye injuries at home, around the yard and garage, and while playing sports. Infection caused by improper use, care, or sharing of contact lenses is an emerging eye health concern.



Of the nearly 2.5 million eye injuries that occur each year in the United States, almost half occur at home and about one-fourth occur during recreational activities, or on streets and highways. Ninety percent of these injuries can be prevented by employing eye safety measures and by using proper protective eyewear.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Eye Institute



Do you need to use protective eyewear?

You probably engage in at least one activity that calls for protective eyewear, such as using:

- ❖ Cleaning chemicals
- ❖ Lawn and garden pesticides
- ❖ Tools and hobby materials
- ❖ Home, yard, and auto tools and equipment

Nearly all sports carry some risk of eye injury, especially those that use balls, bats, sticks, fishing weights, and other equipment that can strike your eyes.

What can you do to prevent children's eye injuries?

High energy levels, inventive play, and curiosity can put children at increased risk for eye injuries. Supervise children carefully and avoid toys and activities that include flying objects. Be sure they have and wear the right protective eyewear for sports and play. Discourage risky behaviors such as sharing cosmetic contact lenses.

How can you protect yourself against eye injury?

Most eye injuries can be prevented. Minimize eye safety hazards around your home. Be a good role model for the younger people in your life by working safely. Use tools, equipment, and chemicals correctly. Wear the correct protective eyewear for your activity. Most eye injuries happen to people whose eyes are not protected.