

Eye injury is the leading cause of blindness for people 25 and under, yet most injuries can be prevented by taking some basic steps to ensure your safety, in all aspects of your life.

# Eye Safety Basics

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## In the Home

Approximately 40% of all eye injuries occur at home. To help prevent injuries, avoid purchasing furniture and toys with sharp edges; if you have small children, consider padding or cushioning furniture and appliances, and put proper lighting in staircases and dark hallways to help avoid injuries.

Wear safety eyeglasses when working with lawn and gardening equipment, because mowing the lawn, using trimmers and other

gardening equipment can throw up rocks and debris, which can get into the eyes. Before mowing the lawn, check for rocks to avoid the risk of them being thrown up at you or anyone else.

## Car Safety

Battery acid can seriously damage your eyes. To avoid injury from battery acid or other flying debris keep a pair of safety eyeglasses in the trunk of your car to use in emergencies or while performing any repairs or routine maintenance.



## Sports

Always wear proper safety eyeglasses when playing sports such as racquetball, baseball, or any other sports and full helmets with face shields for playing hockey. While there are no satisfactory ways to prevent eye injury when boxing or other full-contact sports, wearing padded thumbless gloves may be beneficial and a better choice than professional boxing gloves or open hand gloves that have less padding.

There has been a marked increase in the popularity of paintball over the past 10 years and as a result, injuries related to paintball have increased. The most serious paintball

injuries involve the eyes. The vast majority of these injuries occur when players take their masks off for just a minute and get hit. To avoid injury when playing paintball, always wear your mask and do not take it off until you are off the field.

## Work

Following the proper safety procedures at work is always important, not only for your own safety, but also for the safety of your co-workers. In order to be safe at work, review your workplace safety

procedures, wear safety eyeglasses if suggested or required and make sure you know where the first-aid supplies are located and how to use them. It's also important to know the correct way to use the equipment and make sure the equipment is in proper working order.

The easiest way to prevent most injuries is to wear proper-fitting safety eyeglasses that are made specifically for the type of activity that you are engaged in.

**“It only takes a few simple steps to avoid devastating eye injuries and your sight is worth the effort.”**

Sources: Prevent Blindness America, [www.preventblindness.org](http://www.preventblindness.org)

