



# SPORTS EYE SAFETY MONTH



Presented By

*ecv*   
purpose



## September is Sports Eye Safety Month!

More than 25,000 people seek treatment for sports-related eye injuries each year. Using the right kind of eye protection while playing sports can help prevent serious eye injuries and even blindness.

Know that regular glasses don't provide enough protection so take the following steps to avoid sports eye injuries:

- Wear proper safety goggles (lensed polycarbonate protectors) for racquet sports or basketball

- Use batting helmets with polycarbonate face shields for youth baseball

- Use helmets and face shields approved by the U.S. Amateur Hockey Association when playing hockey

(Source: [preventblindness.org](http://preventblindness.org))



# TIPS ON WHAT TO LOOK IN SPORTS EYEWEAR

Protecting your eyes from the sun's harmful ultraviolet (UV) rays while playing outdoor sports is important no matter what season it is. A good pair of sports sunglasses will keep your eyes safe from impact and shield them from the weather, dust, and other debris.

Potential eye injuries can come from physical contact with other players or any sport in which balls, racquets, or when flying objects are present. These are great reasons to wear protective eyewear.

Here are some tips on what to look for in sports eyewear:

- ☺ Lenses - Lenses in sports eyewear are usually made of polycarbonate since it is an impact-resistant lens material. It also has built-in UV protection — a valuable feature for outdoor sports.
- ☺ Coating - All polycarbonate lenses for eyeglasses and sports eyewear include a scratch-resistant coating for added durability. Polarized lenses help reduce glare and haze, making them a good choice for water sports and activities such as golf and tennis.
- ☺ Shape - Many sport frames offer a wraparound style, which provide a wide field of vision and more protection from UV rays. This type of sports eyewear works well for biking, hang-gliding, and sailing. Additionally, most sport frames can accommodate both prescription and nonprescription lenses. Contact lens wearers especially benefit from the wraparound style, as it helps keep out wind and dust.
- ☺ Material - Sport frames are constructed of highly impact-resistant plastic or polycarbonate, and most come with rubber padding to cushion the frame where it comes in contact with the head or the nose area.

(Sources: [allaboutvision.com](http://allaboutvision.com) and [verywellfit.com](http://verywellfit.com))

# SPORTS EYE SAFETY MONTH

## Tips on what to look for in sports eyewear

**Lenses** in sports eyewear are usually made of polycarbonate since it is an impact-resistant lens material. It also has built-in UV protection – a valuable feature for outdoor sports.



# SPORTS EYE SAFETY MONTH

## Tips on what to look for in sports eyewear

**Coating** – All polycarbonate lenses for eyeglasses and sports eyewear include a scratch-resistant coating for added durability. Polarized lenses help reduce glare and haze, making them a good choice for water sports and activities such as golf and tennis.



# SPORTS EYE SAFETY MONTH

## Tips on what to look for in sports eyewear

**Shape** – Many sport frames offer a wraparound style, which provide a wide field of vision and more protection from UV rays. This type of sports eyewear works well for biking, hang-gliding, and sailing. Additionally, most sport frames can accommodate both prescription and nonprescription lenses. Contact lens wearers especially benefit from the wraparound style, as it helps keep out wind and dust.



# SPORTS EYE SAFETY MONTH

## Tips on what to look for in sports eyewear

**Material** – Sport frames are constructed of highly impact-resistant plastic or polycarbonate, and most come with rubber padding to cushion the frame where it comes in contact with the head or the nose area.





# Basketball is the leading cause of sports eye injuries



According to the American Optometric Association, research shows that basketball is the leading cause of sports-related eye injuries in the United States.

A 2018 study in the journal Pediatrics found that basketball caused almost 16% of eye injuries in kids between 1990 and 2012. Coming in second is baseball/softball.

The right protective eyewear is the best defense against eye injury, whether you're a high schooler or an NBA star. Protective eyewear made with polycarbonate lenses is the best choice for basketball players, as well as for those who play racquet sports, soccer and field hockey.

All athletes should wear sports eye protection that meets requirements set by appropriate sports organizations. Athletes who wear contacts or glasses should also wear appropriate protective eyewear. Contacts offer no protection and glasses do not provide enough defense.

Sports eye injuries should be a real concern, and protective eyewear is worth it because most of these injuries could be prevented by wearing protective eyewear.

(Source: American Academy of Ophthalmology)

