



April is about Sports Eye Safety Awareness



Thousands of people experience an eye injury while playing sports each year. And, it is estimated that at least 42,000 people visit the emergency room each year because of eye injuries.

Everyone knows that taking care of your eyes and preventing eye injuries is important. And many times we are more concerned with eye safety at work than

we are with the safety of our eyes when we're engaged in recreational activities or playing sports.

Interestingly, there are certain sports where eye injuries occur more often, such as; basketball, baseball and sports where a racket is used (tennis, racquetball, etc.). And any full contact sport where eye protection is nonexistent like boxing, martial arts and especially MMA fighting or wrestling, poses a high risk of serious eye injury that may lead to the injured person becoming blind.

More than 25,000 people seek treatment for sports-related eye injuries each year. The good news is that almost all of these injuries can be prevented. Whatever your

game, whatever your age, you need to protect your eyes! <https://www.aao.org/eye-health/tips-prevention/injuries-sports>

TAKE THE FOLLOWING STEPS TO AVOID SPORTS EYE INJURIES:

- WEAR PROPER SAFETY GOGGLES (LENSED POLYCARBONATE PROTECTORS) FOR RACQUET SPORTS OR BASKETBALL. IN ORDER TO BE ASSURED THAT YOUR EYES ARE PROTECTED, IT IS IMPORTANT THAT ANY EYE GUARD OR SPORTS PROTECTIVE EYEWEAR ARE LABELED AS ASTM F803 APPROVED. THIS EYEWEAR IS PERFORMANCE TESTED TO GIVE YOU THE HIGHEST LEVELS OF PROTECTION.
- 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.
- KNOW THAT REGULAR GLASSES DON'T PROVIDE ENOUGH PROTECTION

Eye Injury Prevention

The best ways to protect and prevent eye injuries while enjoying your favorite sports:

1. Wear a face mask with a shatterproof shield during sports such as hockey, baseball and football.
2. Wear goggles or other protective eye wear with poly-carbonate lenses for sports that include the use of a racket, basketball, field hockey and soccer. Protective eye wear not only protects your eyes from flying objects, etc., but can also reduce sun glare when tinted.
3. Invest in a sport-specific eye wear
4. Choose protective eye wear that fits well (not too tight or too loose) and that is padded along the brow and bridge of the nose – this will help prevent it from tting into the skin.If you wear contact lenses, wear soft contacts when possible, and make sure you have a backup pair
5. If you sustain an eye injury, make sure you see an ophthalmologist immediately to determine the severity of the injury.
6. Depending on how active you are, you may want to consider LASIK surgery so that you don't need to wear glasses or contact lenses while playing sports. However, this does not relinquish the need for protective eye wear. And you will definitely need to take extra care when playing sports immediately following LASIK surgery.





**“PROPER PROTECTIVE EYEWEAR CAN
PREVENT UP TO 90% OF ALL EYE INJURIES”**

PROTECT YOUR EYES, PROTECT YOUR BODY

As students prepare to participate in physical education class, sport and physical activity programs, it is important to ensure safe and effective practice occurs. Proper instruction and practice can improve children’s skills and confidence while the use of proper safety equipment can keep them safe.

Teaching kids to utilize and take care of their physical activity and sport equipment and safety gear can prevent injuries. Equipment should always include proper eye protection which can save players from an eye injury that could have long term effects.



Parents and coaches play an important role in making sure young athletes protect their eyes and properly gear up for the game. Protective eyewear should be part of any uniform because it plays such an important role in reducing sports-related eye injury.

Tens of thousands of sports and recreation-related eye injuries occur each year. The good news is that 90 percent of serious [eye injuries are preventable](#) through use of appropriate [protective eyewear](#).

For more information, please visit:

<https://www.aao.org/eye-health/tips-prevention/injuries-protective-eyewear>

<https://www.preventblindness.org/sports-eye-safety>

<https://www.aao.org/eye-health/tips-prevention/injuries>

<https://www.aao.org/eye-health/tips-prevention/are-computer-glasses-worth-it>

“Your Health and Safety Matters!”

PROTECT YOUR EYES!

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