



ARE YOU AT RISK FOR AN EYE INJURY?

Just about everyone is at risk for eye injuries at home, around the yard and garage and while playing sports. Of the nearly 2.5 million eye injuries that occur each year in the United States, almost half occur at home and about 25% occur during recreational activities. Ninety percent of these injuries can be prevented by employing eye safety measures and by using proper protective eyewear.

Most eye injuries can be prevented. Minimize eye safety hazards around your home. Use tools, equipment, and chemicals correctly. Wear the correct protective eyewear for your activity. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards. Prescription eyeglasses, contact lenses and sunglasses do not provide adequate protection in eye-hazardous situations. Most eye injuries happen to people whose eyes are not protected. Be a good role model for those close to you by working safely. And, if an injury does occur, always consult an eye care professional before treating eye injuries.

OUR MISSION

The mission of the Maryland Optometric Association is to promote the highest quality eye and vision care to the citizens and diverse communities of the state of Maryland; to support and advance the profession of optometry through advocacy, professional development and public awareness; to serve as a resource for our patients and members; and to provide public health services as an integral part of the health care system.



Don't Lose Sight of Eye Injury Use Protective Eyewear

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Program





EYE SAFETY IS A YEAR-ROUND CONCERN.

Nearly 2.6 million eye injuries occur each year in the United States. Ninety percent of these injuries can be prevented through understanding safety practices and using proper protective eyewear.

Eye injury is a leading cause of visual impairment in one eye (monocular). It ranks second only to cataract as the most common cause of visual impairment overall. Nearly half of all eye injuries occur at home. More than one fourth occur during sporting and recreational activities, or on streets and highways. Eye injuries can happen at any time of year. Fireworks, sports, chemicals used for cleaning and lawn care, and home and auto maintenance all carry some risk of eye injury. Blunt objects are responsible for nearly one third of reported eye injuries.

Jumping car batteries and using power tools, paints, chemical cleaners, pesticides, fertilizers, lawn mowers, and adhesives are all hazards that can cause eye injuries around the home and yard. Nearly all sports and other leisure activities carry some risk of injury, as well. Adults should be role models for the young people in their lives and use goggles, face shields, or barriers to protect your eyes.

Children under 15 years of age account for nearly one-third of all hospital admissions for eye trauma, and 43% of sports and recreational eye injuries overall. Boys ages 11 to 15 were three to five times more likely to sustain eye injuries requiring hospital treatment than girls of the same age.

Make vision a health priority. Protect yourself and the ones you love from eye injury. Wear protective eyewear.

FREQUENTLY ASKED QUESTIONS

Q What is protective eyewear?

A Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity. Prescription glasses, contact lenses, and sunglasses do not provide adequate protection in eye-hazardous situations.

Q Who needs to know about protective eyewear?

- A**
- Anyone who participates in sports
 - People who do chores around the house, yard, or garage
 - People who engage in hobbies such as model building, woodworking, or painting
 - People who wear glasses or contacts

Q What can be done to prevent eye injuries?

- A**
- Eliminate hazards
 - Wear protective eyewear appropriate for the activity
 - Use caution when working with home and lawn chemicals, or doing car repairs. Wash hands thoroughly.
 - Supervise children during sports and play
 - Avoid fireworks except at official events

Q How should eye injuries be treated?

- A**
- Always consult an eye care professional before treating eye injuries
 - Keep the injured person still and calm
 - Never rub eyes with specs or other foreign material in them
 - Wash hands thoroughly before touching the eye