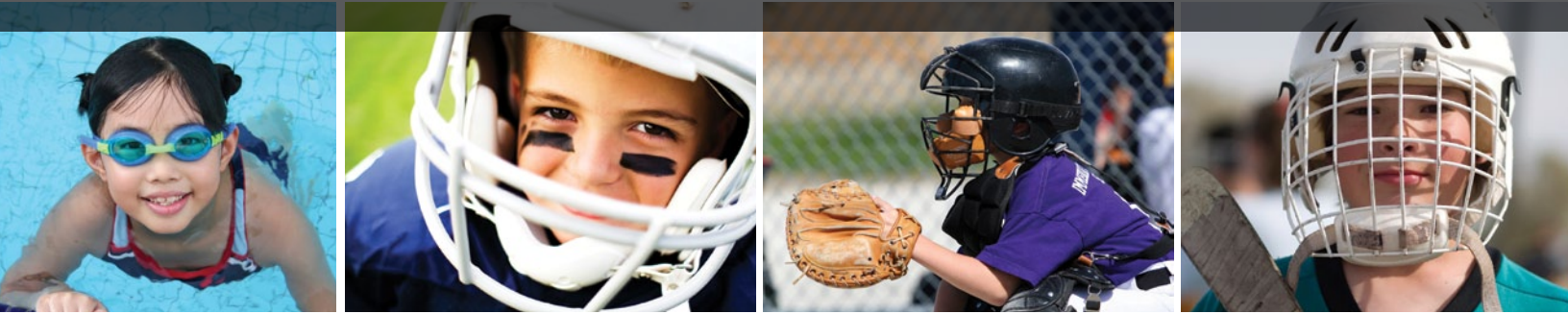


## PROTECTING YOUNG EYES FROM SPORTS AND RECREATION-RELATED EYE INJURIES: A QUICK REFERENCE GUIDE



### WHAT RISK DO SPORTS POSE FOR CHILDREN'S EYES?

Eye injuries are the leading cause of blindness in children, and most eye injuries among kids ages 11-14 are related to sports or recreational play. Baseball, football, soccer and racquet and pool sports pose the greatest risk for youth.

Eye injuries from sports and recreational activities include corneal abrasions, bruised eyelids and even retinal detachments and internal bleeding. Permanent loss of sight can occur.

Only 15 percent of youth report wearing eye protection "always" or "most of the time" while participating in sports or recreational activities that could cause eye injury.<sup>1</sup>

### HOW CAN SPORTS-RELATED EYE INJURIES BE PREVENTED?

All children need protective eyewear regardless of whether they wear glasses or contacts. Everyday eyewear and sunglasses can shatter or break when hit hard, endangering the eye and surrounding tissues. Protective eyewear designed for use in sports is different.

- Lenses should be made from polycarbonate materials to provide the highest level of impact protection. Polycarbonate lenses are available in both eyeglasses and sunglasses.
- All sports protective eyewear should meet the impact standards of the American Standards for Testing and Materials (ASTM). An eye care professional can make sure that glasses and or goggles are fitted properly.
- Just because a sport requires a helmet or face guard doesn't mean that a child's eyes are protected from injury. There is a wide range of polycarbonate face masks and guards that can be attached to helmets or worn by themselves.
- Protective eyewear can be purchased at sporting goods stores as well as eye care professionals' offices.

1. National Center for Health Statistics. (2003). 2002 National Health Interview Survey. Hyattsville, MD: Centers for Disease Control and Prevention.

## SPORTS EYE PROTECTION GUIDE

Sport	Protection Needed	Sport	Protection Needed
Badminton	Sports goggles	Lacrosse (male)	Helmet and full face protection
Baseball	<b>Batting:</b> Face guard attached to helmet <b>Fielding:</b> Sports goggles	Lacrosse (female)	<b>Minimum:</b> Sports goggles <b>Maximum:</b> Helmet and full face protection
Basketball	Sports goggles	Racquetball	Sports goggles
Cycling	Cycling eyewear	Soccer	Sports goggles
Fencing	Full face cage	Squash	Sports goggles
Field Hockey	<b>Goalie:</b> Face mask <b>Others:</b> Sports goggles	Street Hockey	<b>Goalie:</b> Full face cage <b>Others:</b> Sports goggles
Football	Face shield attached to helmet	Swimming	Swim goggles recommended
Handball	Sports goggles	Tennis	Sports goggles
Ice Hockey	Helmet with full face protection	Water Polo	Swim goggles recommended

## WHAT SHOULD YOU DO IF AN INJURY OCCURS?

Do:	Don't:
<ul style="list-style-type: none"> <li>• Seek care from a doctor or eye care professional as soon as possible.</li> <li>• Protect the eye from further injury by gently holding a clean folded cloth over the eye.</li> <li>• Bandage any cuts around the eye to prevent contamination or infection.</li> <li>• Flush the eye with water if there is small debris in the eye.</li> <li>• Use a cold compress to treat a blunt trauma injury, but be careful not to apply pressure.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not rub the eye.</li> <li>• Do not wash the eye out when dealing with cuts or punctures.</li> <li>• Do not remove any objects that are stuck in the eye (which could cause vital fluids to leak out).</li> <li>• Do not attempt to self-medicate with ointments or over-the-counter drugs.</li> </ul>

For more information, please [click here](#).

