

# OUTFITTING YOUR EYES FOR SAFETY IN SPORTS

As any parent involved in youth sports can tell you, each sport has its own unique safety equipment: shin guards for soccer, shoulder pads for football, batting helmets for baseball or softball. This list goes on and on. Yet for most participants in sports, one of the most important parts of the body almost always goes

unprotected: the eyes. As a consequence, every year more than 40,000 people suffer eye injuries while playing sports. Most of these could be avoided, according to Prevent Blindness America, by wearing proper eye protection. Here's a list, by sport, of recommended eye protection and the injuries they can prevent:

## BASKETBALL

### Recommended Protection

- Sports eyeguards

### Injuries Prevented

- Fracture of the eye socket
- Scratches on the cornea
- Inflamed iris
- Bleeding into the eye
- Swollen retina

## SOCCER

### Recommended Protection

- Sports eyeguards

### Injuries Prevented

- Fracture of the eye socket
- Inflamed iris
- Bleeding into the eye
- Swollen retina

## FOOTBALL

### Recommended Protection

- Polycarbonate shield attached to a faceguard
- Sports eyeguards

### Injuries Prevented

- Fracture of the eye socket
- Scratches on the cornea
- Inflamed iris
- Bleeding into the eye
- Swollen retina

## BASEBALL

### Recommended Protection

- Faceguard (attached to helmet) made of polycarbonate material
- Sports eyeguards

### Injuries Prevented

- Fracture of the eye socket
- Scratches on the cornea
- Inflamed iris
- Bleeding into the eye
- Traumatic cataract
- Swollen retina

## HOCKEY

### Recommended Protection

- Wire or polycarbonate mask
- Sports eyeguards

### Injuries Prevented

- Fracture of the eye socket
- Scratches on the cornea
- Inflamed iris
- Bleeding into the eye
- Traumatic cataract
- Swollen retina



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