

April Sports Eye Safety Month



Keep Eye Safety in Mind This Sports Season

How to prevent sports-related eye injuries

Wearing appropriate protective eyewear can reduce up to 90% of serious eye injuries and is essential for safe sports play. Depending on the sport, the sport's governing body and/or the American Society for Testing and Materials (ASTM) set the requirements for appropriate eye protection for a specific sport. Make sure your or your child's sport eye protection meet these requirements.

What sports cause eye injuries

While eye injuries can happen in any sport, boxing and martial arts pose a high risk of serious and blinding eye injuries. There isn't eye protection for boxing.

Here is a list of other sports with the highest rates of eye injuries:

- Basketball
- Baseball
- Softball
- Airsoft sports
- Racquetball
- Hockey

What to wear while playing sports

Protective sports eyewear made with polycarbonate lenses are worn for sports including basketball, racquetball, baseball, women's lacrosse, soccer, airsoft, and field hockey. Helmets with a polycarbonate face mask or wire shield are worn for men's lacrosse and ice hockey. High-impact resistant eye protective devices are worn for skiing and snowboarding.

Make sure your eye protection meets American Society of Testing and Materials (ASTM) standards; eye glasses or contact lenses do not provide protection.

Sources:

1. Sports Eye Safety. Retrieved 03/25/24, from American Academy of Ophthalmology, Tips and Prevention, <https://www.aao.org/eye-health/tips-prevention/injuries-sports>
2. Safety Glasses and Protective Eyewear Prevent Potentially Blinding Eye Injuries. Retrieved 03/25/24, from American Academy of Ophthalmology, Tips and Prevention, <https://www.aao.org/eye-health/tips-prevention/injuries-protective-eyewear>