



EYE INJURY PREVENTION

More than one million people suffer from eye injuries each year in the United States. Ninety percent of these injuries could have been prevented if the individual had been wearing appropriate protective eyewear (with "ANSI Z87.1" marked on the lens or frame).

In the house ... when using household chemicals, read instructions and labels carefully, work in a well-ventilated area and make sure to point spray nozzles away from you. Many chemicals are extremely hazardous and can permanently destroy the surface of your eyes, resulting in blindness.

In the workshop ... think about the work you will be doing and wear protective eyewear to shield your eyes from flying fragments, fumes, dust particles, sparks and splashing chemicals. Many objects can fly into your eyes unexpectedly and cause injury.

In the garden ... put on protective eyewear before you use a lawnmower, power trimmer or edger and be sure to check for rocks and stones because they can become dangerous projectiles as they shoot from these machines.

In the workplace ... wear appropriate safety eyewear for your job. Many of the thousands injured each day didn't think they needed eye protection or were wearing eyewear inappropriate for the job.

Around the car ... battery acid, sparks and debris from damaged or improperly jump-started auto batteries can severely damage your eyes. Keep protective goggles in the trunk of your car to use for those emergencies and everyday repairs.

Prevention is the first and most important step in protecting your eyes from injuries, so be sure to protect your eyes with appropriate protective eyewear. If you do experience an eye injury, seek medical attention promptly.

An Eye M.D. is an ophthalmologist - a medical doctor who provides the full spectrum of eye and vision care. From eyeglasses and contact lenses to medication and surgery, your Eye M.D. will help you keep your sight for life.