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Game-Changing Tips for Eye Safety in Sports



Almost **30,000** sports-related eye injuries are treated in U.S. emergency rooms each year.¹ The good news is most eye injuries can be prevented by wearing appropriate protective eyewear. Here are the top tips for protecting your eyes when playing sports.



What is considered protective eyewear?

Most protective lenses are made from polycarbonate – a material that is highly resistant to even the strongest of impact. This means they won't shatter and potentially damage your eyes. Depending on the sport, the key characteristic of protective sports eyewear is impact resistance.



Can I wear sunglasses?

Sunglasses are not considered protective eyewear for sports. Protective sports eyewear lenses almost always have UV protection—especially important for outdoor sports.



Am I wearing the correct protective eyewear?

Different activities and sports have risk for eye injury. So, make sure you're using the right kind of eye protection for each activity. Safety goggles are needed when playing sports such as baseball, softball, basketball, and racquetball. Swim safety goggles are needed when playing water sports like surfing and water polo.



What if I need prescription lenses?

If you normally wear contact lenses, you will still need to apply them, regardless of your protective eyewear. If you normally wear eyeglasses, it is now possible to get prescription lenses incorporated into your protective eyewear.



Do I need a face mask?

Sports with a higher risk of eye injury require additional safety measures that cover more than just the eyes. Some high-risk sports include fencing and lacrosse. Helmets with attached faceguards are needed for playing baseball, softball, hockey, and tackle football.

If you're not sure what type of protective eyewear you or your child needs ask your eye doctor or coach for more information.

