

October is Eye Injury Prevention Month

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Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear? If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Here are some interesting facts about eye injuries:

- Men are more likely to sustain eye injuries.
- Most people assume that eye injuries are most common on jobsites, especially in construction or in factories. In actuality, almost half (44.7%) of eye injuries occur in the home.
 - More than 40% of eye injuries reported were caused by projects such as yard work, home repairs, cleaning and cooking.
- More than 30% of eye injuries every year are related to sports and recreational activities.
- Eyes can be damaged by the sun, not just chemicals, dust and objects.
- Of ALL the eye injuries reported last year, over 78% of the people were NOT wearing eyewear at the time of the injury.
 - Of those reported to be wearing eyewear, only 5.3% were wearing safety or sports glasses.