



There's more to lose than the game.
Use protective eyewear.

Sports-Related Eye Injuries: What You Need to Know and Tips for Prevention

Sports and Eye Injuries

- Eye injuries are the leading cause of blindness in children.
- Every 13 minutes, an ER in the United States treats a sports-related eye injury.
- Most eye injuries among kids aged 11 to 14 occur while playing sports.



Sports and Eye Injuries



- Baseball is a leading cause of eye injuries in children 14 and under.
- Basketball is a leading cause of eye injuries among 15- to 24-year-olds.



Financial Cost of Eye Injuries

- Sports-related eye injuries represent a significant eye health hazard worldwide.
- Sports-related eye injuries cost \$175 to \$200 million a year.
- Hockey face protectors have saved society \$10 million a year.
- Use of protective eyewear can decrease insurance costs.



Eye Exams



- A comprehensive eye exam is important for everyone.
- Exams may detect pre-existing eye conditions in athletes.
- Not all athletes have had their eyes examined.



Health Providers Should Advise



- Family physicians, ophthalmologists, optometrists, and other health care providers play a critical role in advising patients to use protective eyewear.



Sports with the Highest Rates of Eye Injuries



- Baseball/Softball
- Ice Hockey
- Racquet Sports
- Basketball



Sports with the Highest Rates of Eye Injuries



- Fencing
- Lacrosse
- Paintball
- Boxing



Protective Eyewear



- Protective eyewear may prevent 90 percent of sports-related eye injuries.
- Experts agree that protective eyewear must meet ASTM standards.



Protective Eyewear

- All kids need protective eyewear.
- Ordinary prescription glasses do not provide adequate protection.
- Eyewear should be sport-specific and sit comfortably on the face.
- Protective eyewear is usually made of polycarbonate.



Benefits of Protective Eyewear



- Many sports-related eye injuries result in permanent vision loss.
- Protective eyewear will keep you in the game rather than on the bench with an eye injury.



Keeping Eyes Safe



- Talk to your eye care provider about the appropriate type of protective eyewear for your sport.
- Have an eye exam.



Resources

- Kids' Website: <http://isee.nei.nih.gov>
- Webpage for Parents, Coaches, and Teachers: www.nei.nih.gov/sports
- Educational Resources and Materials: www.healthyvision2010.org/hvm/tools.asp



For More Information

Visit the Organizational Resources section on the Healthy Vision 2010 Website for additional materials and programs.

www.healthyvision2010.org/safety/eyewear.asp#orgs

