

Vision Protection Helps Kids Avoid Eye Injuries

(NAPSA)—Each year in the U.S., more than 100,000 sports-related eye injuries occur. Children under the age of 15 account for 43 percent of these injuries, most of which are preventable by using the right protective eyewear.

Children participating in any activity that uses a ball or racket, involves rough contact with other players or requires travel at high speed—whether on a school team, in physical education class or even just playing with friends—should wear protective eyewear.



An eye doctor can help you identify specific eyewear to protect your child from unnecessary eye injuries. The Vision Council recommends that parents look for safety glasses, goggles, safety shields and eye guards with:

- Polycarbonate lenses, a type of clear plastic that is impact resistant;
- 100 percent ultraviolet (UV) protection and a scratch-resistant coating;
- Padded or rubber bridges for comfort;
- Deep-grooved eyewires to keep the lenses from falling out if the frame is hit hard;
- A face-formed shape to provide a wider field of view;
- Headband attachments to keep the frames from slipping.

To learn more on vision safety, visit www.thevisioncouncil.org.