



FOCUS ON EYE HEALTH

Are You Protecting Your Eyes?



Wearing Safety Eyewear is Critical to Maintaining Eye Health.

Of the thousands of eye injuries that occur each day, about 90% are preventable with the use of proper safety eyewear.¹

How is Safety Eyewear Different From Everyday Eyewear?²

There are many kinds of safety eyewear because they are manufactured specifically for a need. Some key differences are:

- **Higher Standard of Impact:** a standard that applies to both the lens and the frame of the glasses or goggles. Most safety eyewear is made of polycarbonate, a lightweight but strong material.
- **Different Fit:** safety glasses tend to be wider and longer to rest upon your cheek bones to ensure your entire eye area is fully protected. They are also typically made larger, with the ability to accommodate prescription eyewear underneath. Some safety glasses or goggles can be made with prescription lenses already in place.
- **Filters:** safety eyewear may have filters to protect from heat, radiation or light.

What Are Some Common, Potential Eye Hazards?

Potential eye hazards include:³

- **Large and small projectiles** such as dust, wood chips, metal or other particulates
- **Chemical** splashes and fumes
- **Radiation** from visible light, ultraviolet light, heat, infrared light and lasers
- **Blunt force injury** from being hit by another person or flying object such as a baseball

VBA offers plans that provide easier access to vision care.

To learn more, visit vbaplans.com.

400 Lydia Street, Suite 300 | Carnegie, PA 15106 | 1-800-432-4966 | www.vbaplans.com

The information contained above is intended to be educational in nature, does not constitute medical advice, and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

1. Prevent Blindness (<http://preventblindness.org/preventing-eye-injuries/>) 2. Phillips Safety Products (<https://www.phillips-safety.com/2016/03/seven-key-features-of-occupational-safety-eyewear/>) 3. Industrial Safety & Hygiene News (<https://www.ishn.com/articles/102549-what-are-the-potential-eye-hazards-at-work/>) 4. Prevent Blindness (<http://preventblindness.org/first-aid-for-eye-emergencies/>) 5. Prevent Blindness (<http://preventblindness.org/ten-ways-to-prevent-eye-injuries-at-work/>) 6. American Academy of Ophthalmology (<https://www.aao.org/eye-health/tips-prevention/injuries-work>) 7. Prevent Blindness (<http://preventblindness.org/ten-ways-to-prevent-eye-injuries-at-work/>) 8. All About Vision (<https://www.allaboutvision.com/safety/safety-glasses.htm>)

Purpose of Eye Safety⁵

Wearing safety eyewear can prevent injuries due to work or play hazards. Nearly 1 million Americans have lost some degree of their sight due to a preventable eye injury.

Common Signs of Eye Injury⁶

Obvious pain or trouble seeing

One eye does not move as well as the other

Unusual pupil size or shape

Blood is visible in the white part of the eye

The sensation of something in the eye that can't be easily removed

Did You Know?



Approximately 700,000 Americans injure their eyes at work each year.⁷



OSHA estimates that workplace injuries cost \$300 million each year in lost productivity, medical treatment and worker compensation.⁸



Approximately 40,000 sports-related eye injuries require emergency care in the US each year.⁸