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RECOMMENDED SPORTS EYE PROTECTORS

Each year, more than 40,000 people are treated for eye injuries related to sports activities. Using the right kind of eye protection while playing sports can help prevent serious eye injuries and even blindness.

For sports use, polycarbonate lenses must be used with protectors that meet or exceed the requirements of the American Society for Testing and Materials (ASTM). Each sport has a specific ASTM code, so look for the ASTM label on the product before making a purchase.

Baseball

Type of eye protection:

- Faceguard (attached to helmet) made of polycarbonate material
- Sports eyeguards

Eye injuries prevented:

- Scratches on the cornea
- Inflamed iris
- Blood spilling into the eye's anterior chamber
- Traumatic cataract
- Swollen retina

Basketball

Type of eye protection:

- Sports eyeguards

Eye injuries prevented:

- Fracture of the eye socket
- Scratches on the cornea
- Inflamed iris
- Blood spilling into the eye's anterior chamber
- Swollen retina

Soccer

Type of eye protection:

- Sports eyeguards

Eye injuries prevented:

- Inflamed iris
- Blood spilling into the eye's anterior chamber
- Swollen retina

Founded in 1908, Prevent Blindness America is the nation's leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. Focused on promoting a continuum of vision care, Prevent Blindness America touches the lives of millions of people each year through public and professional education, advocacy, certified vision screening training, community and patient service programs and research.

Football

Type of eye protection:

- Polycarbonate shield attached to faceguard
- Sports eyeguards

Eye injuries prevented:

- Scratches on the cornea
- Inflamed iris
- Blood spilling into the eye's anterior chamber
- Swollen retina

Hockey

Type of eye protection:

- Wire or polycarbonate mask
- Sports eyeguards

Eye injuries prevented:

- Scratches on the cornea
- Inflamed iris
- Blood spilling into the eye's anterior chamber
- Traumatic cataract
- Swollen retina

**Call the PBA Vision
Resource Center at
1-800-331-2020 to
learn more.**

Table Source: The materials are adapted from “Common Causes and Injuries in Specific Sports” by John B. Jeffers, M.D., Wills Eye Hospital, Philadelphia, Pa.

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