Preventing Eye Injuries

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Protecting your eyes from injury is one of the simplest things you can do to [keep your vision healthy throughout your life](#).

Protective Eyewear

You may be somewhat aware of your possible risks for an eye injury, but are you taking the easiest step of all to prevent 90% of those injuries? Wearing the proper [protective eyewear](#) greatly reduces your risk of an eye injury and vision loss.

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.

How to Care for an Eye Injury

If you have an eye injury, review these [care and treatment recommendations](#). Most importantly, see an ophthalmologist or other medical doctor as soon as possible, even if the injury seems minor.

Eye Injury Facts

The fifth-annual Eye Injury Snapshot conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma found that:

- Most people believe that eye injuries are most common on the [job](#) — especially in factories and on construction sites. Bu in fact, nearly half of all eye injuries occurred in the [home](#).

- Home repairs, yard work, cleaning and cooking caused more than 40 percent of eye injuries. More than a third of those injuries in the home happened in the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- More than 78 percent of people were not wearing eyewear at the time of injury. Only 5.3 percent of those those who were wearing eyewear (including glasses or contact lenses), were wearing safety or sports glasses.

Men should know that they are more likely to get an eye injury than women.

Sun can damage eyes just like objects, chemicals and dust. Always wear sunglasses or sport-appropriate UV-protective goggles, such as ski goggles, when outdoors.

Protests, riots and urban warfare are increasingly leading to vision-threatening eye injuries around the world.

Don't Learn the Hard Way: Use Protective Eyewear

Whether you're playing organized sports or a pick-up game at home, benefit from Angellia's story. Protect your vision to prevent sports eye injuries. When at work, use protective eyewear in all potentially risky situations to prevent injuries like Jeff's.

Sourced from: https://www.aao.org/eye-health/tips-prevention/preventing-injuries