

# Summer Eye Safety Tips

by Rand Eye Institute

## Out & About



- Wear protective eyewear such as glasses or safety goggles while working on outside projects: mowing the lawn, using a hammer or power-tools, etc.
- Wear proper eye protection when playing any sport. Such lenses should be made of polycarbonate, which can withstand high impact.
- If sand gets into the eye, immediately flush the eye with water, do not rub the eye as it can damage the cornea. If blinking and flushing the eye does not remove sand particles, seek immediate help.
- Wear swimming goggles in the pool.
- Check the chlorine level in your pool; too little or too much is not good for the eye.
- Rest your eyes. If you have the time to relax over the summer, use that time to rest your eyes from daily computer strain, etc.

## Out it the Sun



- Wear proper sunglasses: Sunglasses with protection that blocks 100 percent of UV-A and UV-B rays, or more. The sun's UV rays are the strongest between 10 am - 2 pm.
- Avoid blue-tinted sunglasses. They emit ultraviolet light which is what you are supposed to be blocking out
- Opt for sunglasses that shield your eyes and wrap around to the side of your face.
- Wear a broad-brim hat to help shield the sun from your eyes.
- Be aware of the medications that you use because they may make your eyes sensitive to the sun. Take proper precautions if you are sensitive.
- Use non-irritating sunscreen: PABA free, since that chemical can cause irritation if it gets in your eyes.

## Fireworks Safety



Prevent Blindness America urges the public to celebrate safely and leave fireworks to the professionals. Fireworks are extremely dangerous. Do not purchase, use, or store fireworks of any type. Protect yourself, your family and your friends by avoiding fireworks. Attend only authorized public fireworks displays conducted by licensed operators, but be aware that even professional displays can be dangerous.

***If you experience any eye emergency or problems with your vision, the Rand Eye Institute is here to help. Call 1-800-782-1711 to reach one of our eye care specialists.***



***randeye.com***