

Eye Safety Tips

EYE FACTS

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The American Academy of Ophthalmology has some useful eye-safety tips for everything from mowing the lawn to recharging a dead car battery..

- * Check for rocks and debris before mowing the lawn or trimming the hedges. These objects can become dangerous projectiles when shot from the blades of lawn mowers and trimmers. Don't forget to wear goggles
- * Bungee cords are a common cause of severe eye injuries. Wear eye protection when using bungee cords.
- * Buy safe toys for kids, avoiding those with sharp edges.
- * Never use fireworks. Even sparklers burn hot enough to melt gold.
- * Keep a pair of safety glasses or goggles with your jumper cables, and follow instructions carefully when jump-starting a dead car battery.
- * Be careful with household chemicals, since many can burn your eyes' delicate tissues. Always wear goggles, read instructions carefully, work in well-ventilated areas, and make sure the nozzle is pointed away from you.
- * Always wear appropriate eye protection when playing sports.
- * Have fun in the sun, but always wear sunglasses that block 99%-100% of UV-A and UV-B rays when outdoors for extended times