

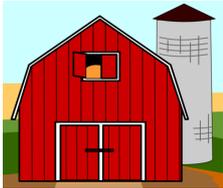


# EYE SAFETY TIPS FOR KIDS



Nine out of 10 eye injuries can be prevented if you know how!

**Farm hazards:** Farm chores are safer when you wear high-impact safety glasses or safety goggles when working with pesticides, fertilizers, herbicides, grain, mulch, saws, grinders and farm machines. It is also a good idea to wash your hands frequently when working with animals, crops and farm chemicals. Most eye accidents happen to kids when parents aren't around, so work *with* your parents and follow all of their safety rules, even when they're not looking!



**Biking and hiking hints:** Both can be hazardous, particularly at night. When hiking in dark areas (especially along roads), use a flashlight and wear bright clothing, reflective patches or lighted bracelets to "see and be seen!" When bicycling or riding a motor bike, protect yourself by using a bike light and reflectors. And, of course, day or night, always wear a helmet to help prevent head injuries!



**Watch that ball!** If you play baseball, tennis, handball or racquetball, ask your doctor of optometry about impact-resistant, polycarbonate sports glasses, face shields, helmets and other types of protection. You also can ask about options for sports eyewear that are custom made for your specific vision and safety needs in a given sport. If you enjoy swimming or cycling, wear snug-fitting polycarbonate sports goggles to help seal out water, wind and debris.



**Hunting and shooting:** Any gun that shoots a projectile (flying object) can cause serious eye injury and permanent vision loss. This includes air guns that shoot BBs, paintballs and "soft" pellets (hard plastic bullets) and firearms for hunting and target practice. All gun-related sports require adult supervision and high-impact safety glasses or tactical goggles to protect the eyes against stray shot and shrapnel.



**Sunglasses for safety:** Even on overcast days, the eyes need protection from the sun's harmful ultraviolet radiation. Choose sunglasses in a close-fitting, wrap-around style with lenses that block both UV-A and UV-B radiation. And, if you're tempted to jump start your summer tan by using a tanning bed, always wear safety goggles made especially for that purpose while tanning.



**Careful around sharps!** Ordinary classroom items such as scissors, pens, pointers and compasses can cause serious eye injuries if tossed or used carelessly. Protect your eyes and the eyes of others by *moving slowly* when carrying sharp objects and *keeping their points facing down*. To share sharp items, pass them from hand to hand safely by offering the blunt end (for example, the handles on a pair of scissors) to the other person.



**Eye emergencies:** Do not try to treat cuts, puncture wounds and objects embedded in the eye; seek *immediate* attention! Dust and minor irritants can be flushed from the eye with water or saline solution. For a chemical splash, flush the eye with water for ten minutes and contact your doctor of optometry. A "black eye" is usually limited to bruised skin around the eye and can be relieved with a cool compress; however, *any* eye injury that causes prolonged pain, redness, watering or changes in vision should be examined promptly.



**Annual eye examinations:** Many eye diseases and conditions that impact your vision do not have signs that are noticed by most people and cannot be detected in school vision screenings. Safeguard your precious gift of sight by scheduling a comprehensive eye and vision examination once a year or according to a schedule recommended by your doctor of optometry. An annual visit is an excellent time to talk to your optometrist about how you use your eyes in your daily activities and to discuss any safety concerns.



Brought to you by the **South Dakota Optometric Society**  
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For more information on eye health and safety, visit our website at <http://sdeyes.org>