



VISION CENTER OF EXCELLENCE


SHIELD YOUR EYES FOR SAFETY

Accidents happen, but you can prevent most accidents from injuring your eyes by wearing eye protection.

Below are just a few of the reasons to shield your eyes for safety:

SHIELDS SAVE SIGHT

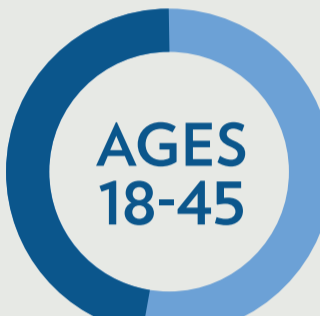
EACH YEAR MORE THAN
2.5 MILLION
EYE INJURIES
OCCUR


50,000
people permanently
lose part or all
of their vision 

90% of all eye injuries can be prevented by using protective eyewear



FIT THE GEAR TO THE JOB. Polycarbonate eye gear is the best protection against flying debris and particles. Splashguards are best for jobs with liquids. For all on-duty activities, wear gear from APEL (Authorized Protective Eyewear List).

 **AGES 18-45**
Nearly half of all eye injuries occur in people 18 to 45 years of age

3 OUT OF 4 INJURIES
 73% of eye injuries occur in males

WHAT IS THE IMPACT OF AN EYE INJURY?

Here's what it costs in dollars and in days lost for each service branch:

ARMY

 **\$9,724**
AND
 **6.1 DAYS**

NAVY

 **\$4,222**
AND
 **5.9 DAYS**

AIR FORCE


 **\$3,196**
AND
 **4.7 DAYS**

SHIELD AT HOME

Almost **half of all eye injuries** occur around the home most often during

 **44%** IMPROVEMENT PROJECTS
14.7% PLAYING SPORTS

125,000

 Accidents involving common household products, like bleach and oven cleaner, cause 125,000 eye injuries each year

Sports-related eye injuries occur most frequently in baseball, basketball and racquet sports



SHADES SHIELD

20% OF ALL CATARACT CASES MAY BE ATTRIBUTABLE TO UV RADIATION

OVER 1 OUT OF 4 ADULTS

   
27% of adults rarely or never wear sunglasses

35% 

did not know if their shades provided UV protection

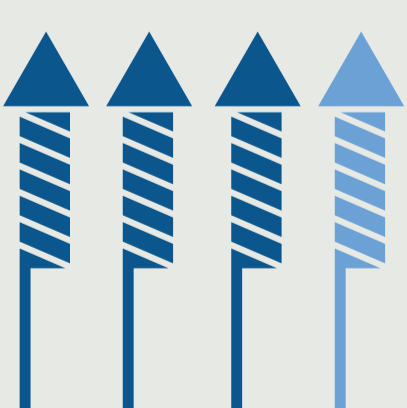
40.5% of adults say that they do not look for health/safety information when purchasing sunglasses




SHIELD IN CELEBRATIONS

200 people go to the emergency room every day with fireworks-related injuries around the July 4th holiday

3 OUT OF 4 INJURIES

 Of the fireworks-related injuries sustained, 74% were to males and 26% were to females

THE PARTS OF THE BODY MOST OFTEN INJURED WERE

HEAD, FACE AND EARS **19%**  EYES **12%**
LEGS **13%** HANDS AND FINGERS **41%**

If an injury occurs, responding properly could save a person's sight.
Learn how on vce.health.mil.



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SOURCES:

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- Buckingham RS, Whitwell KJ, Lee RB. Cost Analysis of Military Eye Injuries in Fiscal Years 1988-1998. Mil Med. 2005 Mar;170(3):196-200. PubMed PMID: 15828693
- American Academy of Ophthalmology
- Vision Council. 2014 Picture This: A Lifetime of UV Eye Protection
- U.S. Consumer Product Safety Commission 2012 Fireworks Annual Report
- World Health Organization