

## Sports Eye Protection

We take eye safety very seriously. Each year we see many serious eye injuries from baseball, softball, basketball, BB Guns and paintball. All of these injuries could be prevented by using sport safety glasses such as Rec Specs by Liberty Sport. These glasses can be purchased at EyeCare Associates of the San Ramon Valley with or without prescription power.

More than 600,000 eye injuries related to sports and recreation occur each year. 42,000 of these injuries are of a severity that requires Emergency Room attention.

More than 90% of all eye injuries can be prevented with the use of appropriate protective eyewear.

Sports participants using "street wear" (corrective eyewear or sunwear that does not conform to ASTM standard F803) are at a far more severe risk of eye injury than participants using no eye protection at all.

The American Academy of Pediatrics, American Academy of Ophthalmology and American Optometric Association all strongly recommend protective eyewear for all participants in sports in which there is a risk of eye injury.

The following sports are considered a high-to-moderate risk of eye injury: Basketball, Baseball, Softball, Lacrosse, Hockey, Tennis, Soccer, Volleyball, Water Polo, Football, Air Rifle, BB Gun, Paintball, Boxing, Martial Arts, Cricket, Squash, Racquetball, Fencing, Badminton, Fishing and Golf.