Approximately 50% of kids are involved in one or more organized athletic activities. Of those involved, 90% of eye injuries are avoidable if appropriate protective eyewear is worn during game play. 72% of sports related eye injuries occur in people less than 25 years of age.

33,000 Estimated number of sports-related eye injuries treated in emergency rooms each year.

FOR ALL AGE GROUPS, SPORTS-RELATED EYE INJURIES OCCUR MOST FREQUENTLY IN BASKETBALL, BASEBALL, SWIMMING, FOOTBALL AND SOCCER.*

- Athletes ages 14 years and younger, basketball injuries are most frequent, with baseball second.

*(For the full report visit www.preventblindness.org)

LOW-RISK SPORTS

Low-risk sports do not involve throwing or hitting a ball, a bat or stick, or body contact. Examples include track and field, swimming and gymnastics.

MODERATE-TO-HIGH-RISK SPORTS

Sports with more risk of injury involve the use of a bat or stick, a high-speed ball, body contact or a combination of these factors. Examples include hockey, lacrosse, soccer, football, volleyball and racket sports such as racquetball, squash, tennis and badminton. There is a strong link between these sports and serious eye injuries. Appropriate eye protection is extremely important.

EXTREME-RISK SPORTS

Combative sports such as boxing have the greatest risk of eye injury. Effective eye protection is not yet available for these activities.

WHATEVER YOUR GAME, WHATEVER YOUR AGE, YOU NEED TO PROTECT YOUR EYES!

Contact lenses DO NOT offer protection against sports eye injuries. Athletes who wear contact lenses should also wear appropriate eye protection.

References upon request or visit www.PreventBlindness.org

*Based on statistics by the U.S. Consumer Product Safety Commission, Directorate for Epidemiology, National Injury Information Clearinghouse, National Electronic Injury Surveillance System (NEISS) Product Summary Report - Eye Injuries Dry - Calendar Year 2014
1. Learn about eye injury risks associated with sports before allowing children to participate.
2. Know that almost ALL sport-related eye injuries are preventable.
3. Parents should consult an eye doctor for protective eyewear recommendations before enrolling a child in any sports program.
4. Make sure children wear the proper eye protection when playing sports. Corrective eyewear or sunwear that does not conform to protective standards increase the risk of eye injuries.

5. BECOME AN ADVOCATE FOR SPORTS EYE SAFETY IN YOUR COMMUNITY!
   - Resources to share with your organizations and community are available at WWW.LIBERTYSPORT.COM and WWW.PREVENTBLINDNESS.ORG
   - Contact us for further opportunities
     - Product Demo Days
     - Guest Speaking/Information Sessions
     - Sponsorships

RESOURCES

STEPS PARENTS, TEACHERS, SCHOOL NURSES, AND COACHES CAN TAKE TO PREVENT SPORTS EYE INJURIES

1. Learn about eye injury risks associated with sports before allowing children to participate.
2. Know that almost ALL sport-related eye injuries are preventable.
3. Parents should consult an eye doctor for protective eyewear recommendations before enrolling a child in any sports program.
4. Make sure children wear the proper eye protection when playing sports. Corrective eyewear or sunwear that does not conform to protective standards increase the risk of eye injuries.

5. BECOME AN ADVOCATE FOR SPORTS EYE SAFETY IN YOUR COMMUNITY!
   - Resources to share with your organizations and community are available at WWW.LIBERTYSPORT.COM and WWW.PREVENTBLINDNESS.ORG
   - Contact us for further opportunities
     - Product Demo Days
     - Guest Speaking/Information Sessions
     - Sponsorships

ADDITIONAL MATERIALS:
- Educational videos, fact sheets, letter template to coaches, teachers, and parents and more

TO LEARN MORE:
e outreach@libertysport.com • www.preventblindness.org • www.libertysport.com • 800-444-5032

SPORTS EYE SAFETY
A Guide For Coaches, Trainers, and Parents