



# AUTUMN EYE SAFETY TIPS



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

**Harvest 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!



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!

**Halloween hints:** "See and be seen" at trick-or-treat time by using makeup rather than masks and wearing bright, reflective costumes (or adding reflective patches to your clothing). Avoid wigs and hats that can block your vision and skip accessories (such as spears, swords and wands) that can hurt the eyes of other people. A flashlight is a great way to light the path, or, you can eliminate street hazards entirely by throwing a Halloween party!



"See and be seen" at trick-or-treat time by using makeup rather than masks and wearing bright, reflective costumes (or adding reflective patches to your clothing). Avoid wigs and hats that can block your vision and skip accessories (such as spears, swords and wands) that can hurt the eyes of other people. A flashlight is a great way to light the path, or, you can eliminate street hazards entirely by throwing a Halloween party!

**Watch that ball!** If you play football, baseball or hockey, protect your eyes, face and head by wearing impact-resistant, polycarbonate face shields and helmets. For skiing, swimming or cycling, wear snug-fitting, polycarbonate sports goggles to seal out water, wind and debris. You can also talk to your doctor of optometry about sports glasses that are custom made for your specific vision and safety needs in a given sport.



If you play football, baseball or hockey, protect your eyes, face and head by wearing impact-resistant, polycarbonate face shields and helmets. For skiing, swimming or cycling, wear snug-fitting, polycarbonate sports goggles to seal out water, wind and debris. You can also talk to your doctor of optometry about sports glasses that are custom made for your specific vision and safety needs in a given sport.

**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.



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, autumn 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 keep your summer tan by using a tanning bed, always wear safety goggles made especially for that purpose while tanning.



Even on overcast, autumn 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 keep 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.



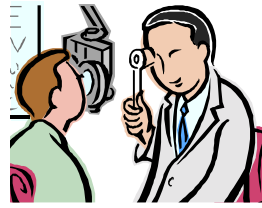
Ordinary classroom items such as scissors, pens, pointers and compasses can cause serious eye injuries if tossed or used carelessly. Protect your eyes and the eyes of others by *moving slowly* when carrying sharp objects and *keeping their points facing down*. To share sharp items, pass them from hand 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.



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.



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**  
P.O. Box 1173 ♦ Pierre, SD 57501 ♦ (605) 224-8199  
For more information on eye health and safety, visit our website at <http://sdeyes.org>

