

# Helpful Information For You

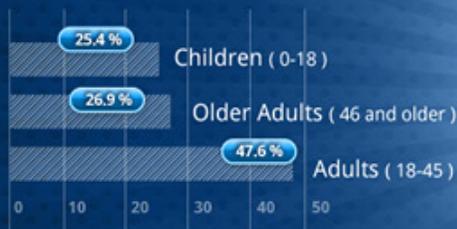


## EYE INJURY FACTS, MYTHS & PREVENTION TIPS



### Who is at the greatest risk?

#### Age Group



#### Gender

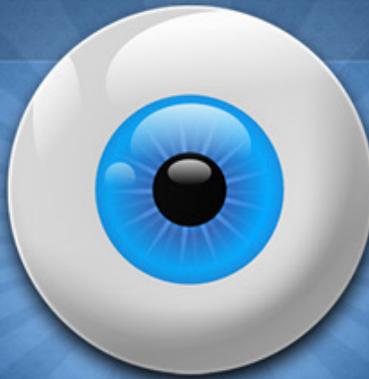


#### Location



### What causes eye injuries?

Projectile Objects (debris or nails)	17.9
Blunt Objects (construction hand tools or hardware)	13.3%
Fingers, Fists, or other body parts	10.6%
Sharp Objects	9.2%
Sports Equipment	4.5%
Automobile Airbag	4.4%
Paintball, BB Gun, Pellet Gun	3.5%
Furniture / Appliance	2.1%
Household Chemical	2%
Firearm	1.9%
Fireworks	0.68%
Other	15.8%
Unknown	5%



### Prevention

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

Read the labels of chemicals and cleaners carefully. Accidents involving common household products cause 125,000 injuries each year.

Cushion sharp corners or edges of furnishing and home fixtures, especially if there are children.

Keep tools in good condition; damaged tools should be repaired or replaced.

Use grease shields on frying pans to protect from splattering.

Check the lawn or outdoor area where you will be working to be aware of any debris that may become projectile.

Take care to make sure that all spray nozzles are directed away from you.

### Myths

Most people believe that eye injuries most commonly occur on the job (specifically, construction and factory sites). However, nearly half of all eye injuries occur in the home.

Many people do not realize that eyes can be damaged by sun exposure as well, not just chemicals, dust, or objects.

### Facts

Men are more likely to incur eye injuries than women.

More than 40% of eye injuries are caused by projects such as home repairs, yard work, cleaning, and even cooking.

34.2% of eye injuries in the home occur in the following locations: kitchen, bedroom, bathroom, and the living or family room.

Eye Injuries are second only to cataracts as a cause of visual impairment.

### Affected Eye Area

Cornea	50.3%
Conjunctiva	48.9%
Eyelids	38.3%
Anterior Chamber	30.1%



Retina	18.3%
Orbit (eye socket)	15.4%
Iris	14.1%
Vitreous	13.5%
Lens	11.4%
Sclera	8.3%
Optic Nerve	7.9%

### Treatment

Do see a doctor or physician as soon as possible, preferably an Optometrist.



Do not touch, rub, or apply pressure to the eye. Do not try to remove the object stuck in the eye. Do not apply ointment or medication to the eye.