

PLAY HARD

PLAY SAFE

Approximately 40,000 sports eye injuries occur in the United States each year. Many result in permanent vision loss.

HINDSIGHT DOESN'T WORK IF YOU LOSE YOUR SIGHT. WEAR EYE PROTECTION, AND KEEP YOUR SIGHT FOR LIFE.

All athletes should wear protective eyewear, but not just any eyewear. Use protection specifically designed for the sport, and look for these labels to indicate the product has been properly tested and approved by the appropriate certifying organization.\*

Today's athlete has a number of eye protectors available. And the best part is that protective eyewear does not hinder performance in any way. When properly fitted, appropriate eye protection can reduce the risk of eye injuries by 90%. Ask your Eye M.D. to help you select the eyewear you need to play hard and play safe.

**AAO** AMERICAN ACADEMY OF OPHTHALMOLOGY  
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SPORT	EYE PROTECTION		LABELS
BASEBALL	Polycarbonate or wire face guard attached to helmet. Sports goggles with polycarbonate lenses on the field	PECC	
BASKETBALL	Sports goggles with polycarbonate lenses	PECC	
FIELD HOCKEY	Full face mask for the goalie. Sports goggles with polycarbonate lenses/wire mesh goggles on the field	PECC	
FOOTBALL	Polycarbonate eye shield attached to helmet - wire face mask	NOCSAE	
ICE HOCKEY	Helmet with full face protection	CSA / HECC	
MEN'S LACROSSE	Helmet with full face protection	NOCSAE	
WOMEN'S LACROSSE	Full face protection or sports goggles with polycarbonate lenses/wire mesh goggles	PECC	
PAINTBALL	Full face protection	PECC	
RACQUET SPORTS	Sports goggles with polycarbonate lenses	CSA / PECC	
SKIING	High impact resistant eye protector	PECC	

For sports with no standard, eyewear certified for racquet sports suggested. There is no satisfactory eye protection for boxing.

\* Required standards for eye protectors are established by the American Society of Testing & Materials (ASTM Standard F803 for racquet sports, baseball fielders, basketball, women's lacrosse). Certification is neither required nor available for every sport, however it provides an additional safeguard for athletes.