



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



CHOOSING EYE PROTECTION FOR SPORT



To prevent sports-related eye injury, choosing the correct protective eyewear is important. Polycarbonate lenses should be used with protectors that meet or exceed the requirements of the current sport-specific ASTM (American Society for Testing and Materials) International, a global standards development organization. Polycarbonate lenses are impact resistant, shatterproof, and provide UV protection. Most sports have a specific ASTM standard which are directed to the specific risks likely to be encountered in that sport. Consult your eye doctor or the [ASTM website](#) to find the most current and appropriate ASTM standard for the sport you are playing.

FOOTBALL

Polycarbonate visor shield attached to faceguard:

These shields offer additional protection against objects having the potential to penetrate openings in the faceguard grid. They also provide the wearer UV protection.

SOCCER

Sports eye guards (goggles or spectacles):
Sports eye guards used for soccer should be approved to ASTM F803-19.

BASKETBALL

Sports eye guards (goggles or spectacles):
Sports eye guards used for basketball should be approved to ASTM F803-19.

RACKET SPORTS

Sports eye guards (goggles or spectacles):
Sports eye guards used for Racket Sports should be approved to ASTM F3164-19 or the most current version of that standard.

BASEBALL

Use a polycarbonate face guard that attaches to a helmet or sports eye guards.

THE AMERICAN ACADEMY OF OPHTHALMOLOGY RECOMMENDS THESE STEPS FOR PROTECTING CHILDREN'S EYES:

- Have children's eyes checked before sports participation. If they can't see, they can't catch the pass or dodge the ball.
- Pick the right eye guards. Each sport has its own kind, but what's most important is that the eye guards fit your child.
- Buy prescription glasses made of polycarbonate plastic. This can withstand a projectile traveling at 90 mph.
- For contact sports, choose eye guards or glasses with padding at the nose and brow.
- Choose glasses with strong frames and secure them with a strap.
- Ask your eye healthcare provider about prescription sports eye guards.



FUN FACTS:

The first NFL player to use a visor was Mark Mullaney in 1984, so that he could protect a healing eye injury. In today's game, the NCAA, as well as many high school and youth leagues, require eye shields be 100% clear so that training staff and coaches can easily view a player's face and eyes to determine an injury and whether or not the player is conscious. In addition to being clear, not tinted, the NCAA requires all eyewear be made from rigid material.

According to new research published in *Ophthalmology*, the journal of the American Academy of Ophthalmology, about 41% of defensive players and 24% of offensive players wore visors during the 2019-2020 season. Linebackers, running backs and defensive backs were much more likely than other positions to wear a visor.