

Protect Your Eyes Around the Home

What do a bungee cord, a pan of frying bacon and lawn-care chemicals have in common? They are just a few of the common items around the house that can cause eye injuries, which are increasingly occurring at home. In fact, nearly half of the 2.5 million eye injuries that Americans suffer annually now happen in and around the home in common places like the lawn, garden, kitchen or garage.

“People need to be aware of the everyday dangers to their eyesight that lurk in the home,” said Tamara Fountain, MD, an ophthalmologist and spokesperson for the American Academy of Ophthalmology. “It is far easier to prevent an eye injury than to treat it. Ninety percent of all eye injuries can be prevented by simply wearing protective eyewear.”

The Academy and the American Society of Ocular Trauma (ASOT) recommend that every household in America have at least one pair of ANSI-approved protective eyewear to be worn when doing projects and activities at home to safeguard against eye injuries. ANSI-approved protective eyewear is manufactured to meet the American National Standards Institute (ANSI) eye protection standard. ANSI-approved protective eyewear can be easily purchased from most hardware stores nationwide and can be identified by the mark "Z87" placed on the eyewear.

“Slipping on a pair of safety glasses is quick and easy,” Dr. Fountain says. “People should use protective eyewear during any potentially hazardous tasks around the house, from cleaning your oven with a chemical cleaner to using bungee cords to hold items in place. In the event that you do suffer an eye injury, have an ophthalmologist examine the injury as soon as possible, even if the injury seems minor at first.”

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