***HOW TO USE:*** *Promote eye safety and get kids in your area the FREE gear they need*

*by including this article in your blog or newsletter.*

**Keep your eyes safe with this 15 second action**

Every year, 20,000 people injure their eyes at work. Another 100,000 hurt their eyes playing sports—and one in three of those are kids. And while some will recover, others will lose their sight completely as a result.

But there’s a simple way to keep them from happening—especially for people under 18.

All you have to do is take 15 seconds and put on safety gear. Whether you’re working or playing, there’s protective equipment you can use.

**At work**

Know when your environment is hazardous, and wear OSHA-approved safety gear like:

* Safety glasses with side protection if you work around particles, flying objects, or dust
* Goggles if you handle chemicals
* Specially designed safety glasses, goggles, face shields, or helmets if you work near hazardous radiation, such as welding, lasers, or fiber optics

**At play**

Any sport that brings you in close contact with other players can be dangerous for your eyes. Protect them with:

* Safety goggles for soccer and basketball
* Helmets with facemasks for softball and baseball
* If you wear prescription glasses or contact lenses, ask your eye doctor about prescription protective sports eyewear.

Just wearing sunglasses isn’t enough. In fact, regular prescription glasses or sunglasses can actually shatter on impact, causing more damage to your eyes.

**An added benefit**

In addition to protecting your eyes, safety gear can have another effect: confidence.

“When people perform a skill, whether that’s welding or swinging a bat, fear of getting hurt can hold you back—especially when you’re just learning the skill, for example, someone in vocational school or a kid playing his first season of baseball,” says Ohio Ophthalmological Society President, Dr. Kristopher Kelly. “But when you wear safety gear, you feel safe. You can concentrate fully on performing the action, like hitting that home run.”

***This article was brought to you by our partner, Superspecs, an organization working to reduce the incidence of eye injury in Ohio to zero. Superspecs protect kids’ eyes by providing no-cost helmets and sports goggles for youth athletics leagues, no-cost prescription sports goggles for qualifying individuals, and no-cost eye safety wear for vocational programs. When kids know they won’t get hurt, they can focus on sharpening their skills on the field and in the classroom. Get FREE gear here: superspecs.org.***