



Take the following steps to avoid sports eye injuries:

- Wear proper safety goggles (lensed polycarbonate protectors) for racquet sports or basketball.
- Use batting helmets with polycarbonate face shields for youth baseball.
- Use helmets and face shields approved by the U.S. Amateur Hockey Association when playing hockey.
- Know that regular glasses don't provide enough protection.

For more information on eye safety, www.preventblindness.org or call 1-800-331-2020.

**[Request a Free Copy of Prevent Blindness America's NEW
Children's Sports Eye Safety Guide for Parents, Teachers, School Nurses and Coaches](#)**