

PROTECT. PREVENT. PLAY.



Help protect your eyes. Help prevent injuries.
Play sports with the proper protective eyewear.

About 30,000 sports-related eye injuries serious enough to end in a visit to the emergency room occur each year in the United States, and the majority happen to those under the age of 18.¹ Sports and recreation activities and equipment are associated with approximately one-fourth of all pediatric eye injuries.²

Eye injuries can lead to long-term vision impairment and can affect learning, work, relationships and even a person's ability to drive. Whether you're an adult or child, you should be wearing independently tested sports-eyewear protection for the specific sport(s) you play.

Visit www.sportsvision.pro for more information.

HELP PROTECT YOUR EYES. HELP PREVENT INJURIES.

The means of eye injuries have been classified by some researchers as ball-to-eye, body part-to-eye, and bat/racquet-to-eye

Sports that use a ball, puck, bat or racquet and/or have close aggressive play with intentional or unintentional body contact and collision are at high risk for eye injuries. In a study of eye injuries among athletes, over 40% of injuries were caused by the ball, while about 22% were caused by teammates.³ Low risk sports such as track and field, swimming, gymnastics, and cycling, also have potential for eye injuries.



Everyday dresswear eyeglasses, sunglasses, and contact lenses don't offer adequate protection to guard against potential eye injuries and may make an injury worse.



More than 90% of sports- and recreation-related eye injuries can be prevented by using appropriate eye and facial protection.²

Wearing protective sports eyewear, such as safety goggles and special protective eyewear designed for specific sports, is as important as putting on other protective gear such as helmets and pads. Turn the page to learn more about selecting the proper protective sport eyewear.



If you experience an eye injury, seek proper medical attention as soon as possible.

PLAY SPORTS WITH THE PROPER PROTECTIVE EYEWEAR

Protective sports eyewear should be designed and manufactured to meet or exceed applicable US impact protection standards.

ASTM International, one of the largest voluntary standards developing organizations in the world, sets the standards that eye protection must meet to help prevent eye injuries in different sports. Each sport has a specific ASTM standard to best determine the eyewear's ability to prevent an ocular injury in consideration of the unique elements of play and equipment associated with a particular sport.

Ask your Eye Care Professional about independently tested sports-eyewear protection that meets the specific standards for the sports(s) you or your child play. Mandating the use of such protective gear has reduced rates of injury across several sports. Research suggests that when appropriate eyewear is available but not mandatory, top-performing athletes frequently choose to wear it.⁴



BEFORE YOU PURCHASE PROTECTIVE EYEWEAR

Consultation with an Eye Care Professional is recommended for fitting the proper protective sports eyewear. Here are five things to keep in mind:

- **Have an Annual Eye Exam.** Good vision is essential for good performance. Make sure to have a comprehensive annual eye exam by an Eye Care Professional to ensure that prescriptions are up-to-date.
- **Make sure to check for the appropriate ASTM standard designation for the sport you or your child play.** Ask your Eye Care Professional if an outside independent laboratory verified that the equipment meets the current standard. Products that have undergone independent, third-party testing by an accredited laboratory will carry a label such as this example.
- **Check for fit.** Protective sport eyewear must be properly fit to the individual wearer by an Eye Care Professional. Eyewear that fits well can help reduce injuries and increase compliance. This is particularly important with children.
- **Check for Comfort.** Make sure your protective eyewear feels comfortable around the sides of your head, behind your ears, and on your nose. Frame straps should always be worn when the eye gear is worn. Make sure to adjust the straps on the frames to ensure they are not too tight or too loose.
- **Check for Vision.** Make sure you are able to see clearly in all directions without any major obstruction.



And, before you go out and play....don't forget to review all frame information on the warning label that should accompany your eye gear.

This important health information has been made available thanks to an educational grant provided by Zyloware Eyewear. Reference to any specific commercial product, process, or service does not constitute endorsement, recommendation, or favoring by ISVA.

Sources Consulted:

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