Protect your eyes
Be aware of hazards
Wear the correct eye protection

Don't turn a blind eye to eye injuries. They can happen to anyone. 1500 are treated in Cornwall hospitals each year.

Guard against accidents
Wear the correct eye protection.

Second Sight
We don't believe in

England
Cornwall TR17 2SX
Newquay

Safety Eyewear Limited
Cornwall, based in Newquay, is Cornwall's leading specialist, producing safety eyewear and prescription safety spectacles and has a helpful number 01637 837178. Just pick up the telephone and say that you have read this leaflet and would like more information. This leaflet and would like more information. This leaflet and would like more information.
Healthy sight is one of our most precious senses yet many of us take it for granted. It is estimated that 250,000 eye injuries occur each year. Some result in permanent blindness.

Eye injuries can affect anyone. There are a lot of things you can do to minimise the risks.

DIY is responsible for 16% of all eye injuries among adults. The most common cause is flying chips of wood or metal whilst chiselling or hammering. Other injuries occur as a result of drilling into masonry, sanding wood, removing plaster, splitting tiles or concrete slabs, stripping paint, sawing, welding, laying insulation and painting ceilings. Work on motor vehicles, especially the underside, can cause injury from jagged metal, rust and grit.

Always wear eye protection for the whole job. Many accidents take place when protective eyewear is lifted to take a closer look at the work undertaken.

Today there are stylish, polycarbonate safety spectacles available for those who have to wear prescription spectacles as well as basic polycarbonate eye protection for those who do not.

Check that the protective eyeware you are wearing conforms to the correct European Standards. There are different standards of protection depending on the job involved eg. high protection for high speed drilling.

Many people suffer eye injuries while gardening. Many gardeners damage their eyes cutting hedges or mowing lawns. Stray rose thorns and sharp garden canes are potential hazards, a little something to catch the eye! Strimming can be especially dangerous with children close by as often stones are thrown up at exactly the child's sight level. Pruning and hedge trimming often lead to eye injury. Put corks or yoghurt pots on the top of canes to mark them clearly.

Other potential dangers in the garden are pesticides, insecticides and weed killers. These can cause disfigurement and blindness. Read the instructions carefully and never spray when there is a breeze blowing. Powdered or liquid chemicals can blow into the eyes.

Eye protection is important for all gardening jobs. Always wear polycarbonate goggles, polycarbonate safety spectacles or ordinary, prescription spectacles glazed with polycarbonate.

Many people suffer eye injuries during sport and recreational activities. Football is the most common cause of sports eye injury but squash and badminton can cause the most severe damage.

A squash ball or shuttlecock can travel at 60-100 mph. A direct hit can burst blood vessels and damage the retina.

Many injuries are caused by inexperienced players' uncontrolled raquet swings. Even experience is no protection: players of long experience are still injured by unpredictable ball/shuttlecock shots.

Your eyes are extremely vulnerable. Protect them by wearing eye protection and playing safe.

The Squash Rackets Association recommends polycarbonate spectacles with nose and temple protection, lenses rather than slits and good binding at the back to secure them. Players should look for the USA standard number (ASTM F803 83/85/86) or the Canadian number (CSA P400) when choosing protective glasses.