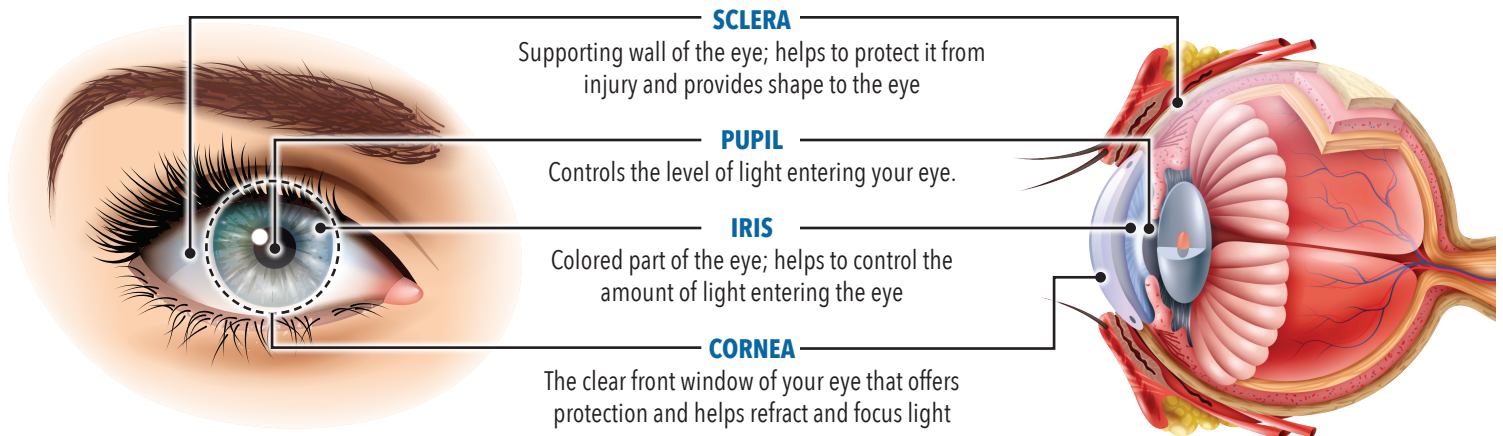


# OCTOBER IS EYE INJURY PREVENTION MONTH

*Protecting your eyes from injury is one of the simplest things you can do to keep your vision healthy throughout your life.*

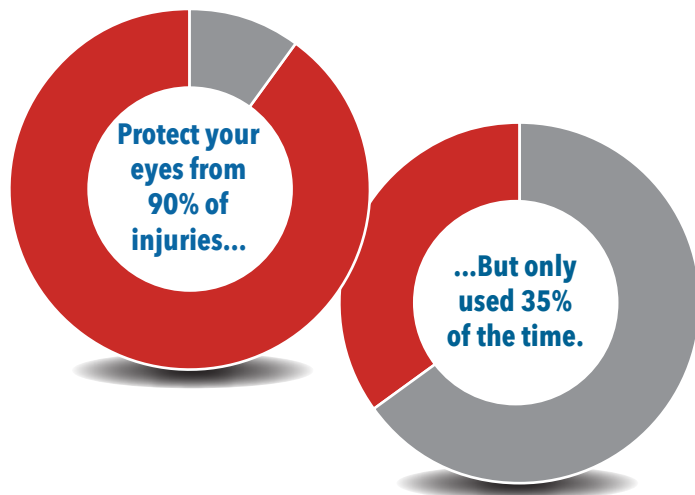
## Parts of the eye

Injuries to the eye most often involve the cornea. Below are four main parts of the eye and what they do to create vision.



## Protect your eyes

The easiest way to keep your eyes safe is to wear protection, such as goggles or visors. But most people don't.



## Surprising facts about eye injuries

Most people believe that eye injuries overwhelmingly occur on the job – especially in factories and on construction sites. But in fact, nearly half of all eye injuries occurred in the home.

- **Home repairs, yard work, cleaning and cooking caused more than 40% of eye injuries.** More than a third of those injuries in the home happened in the kitchen, bedroom, bathroom, living room or family room.
- **More than 40% of eye injuries every year** are related to sports or recreational activities.
- **More than 78% of people were not wearing eyewear at the time of injury.** Only about 5% of those those who were wearing eyewear (including glasses or contact lenses), were wearing safety or sports glasses.

TO LEARN MORE ABOUT PREVENTING EYE INJURIES, VISIT [WWW.AAO.ORG/EYE-HEALTH/TIPS-PREVENTION/PREVENTING-INJURIES](http://WWW.AAO.ORG/EYE-HEALTH/TIPS-PREVENTION/PREVENTING-INJURIES).

To find a health center, visit [www.chc-ar.org/health-center-list](http://WWW.CHC-AR.ORG/HEALTH-CENTER-LIST) or call **501-374-8225**.

**SOURCES:** <https://www.aao.org/eye-health/tips-prevention/preventing-injuries> • <https://www.cdc.gov/visionhealth/risk/tips.htm> • <https://www.cityhealth.com/blog/minor-trauma/7-common-eye-injuries/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5819093/> • <https://www.umkellodgeye.org/conditions-treatments/anatomy-eye> • <https://my.clevelandclinic.org/health/body/22088-sclera>

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