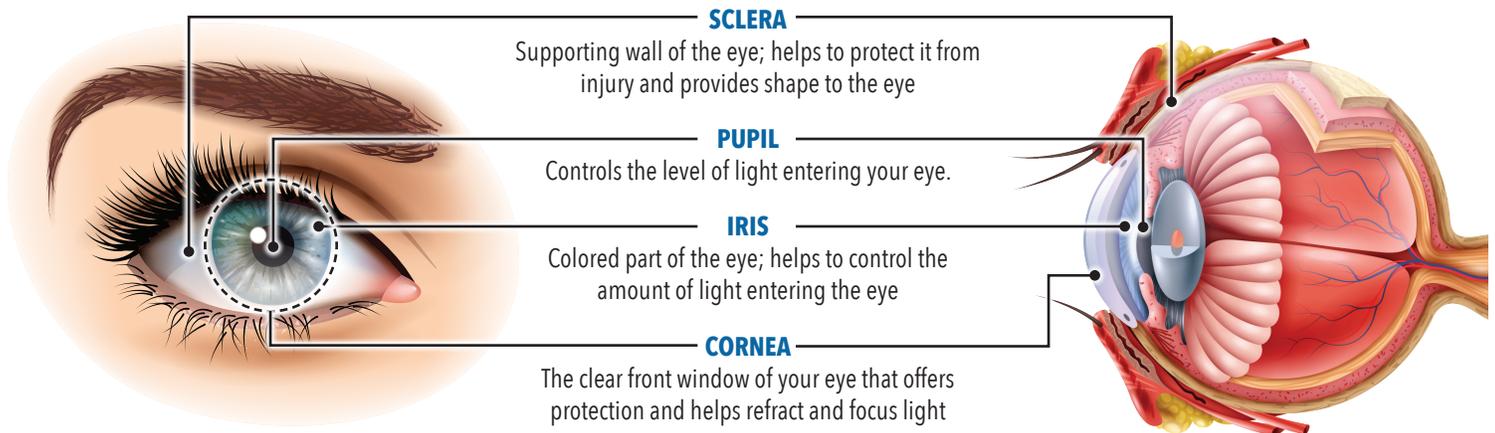


OCTOBER IS EYE INJURY PREVENTION MONTH

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

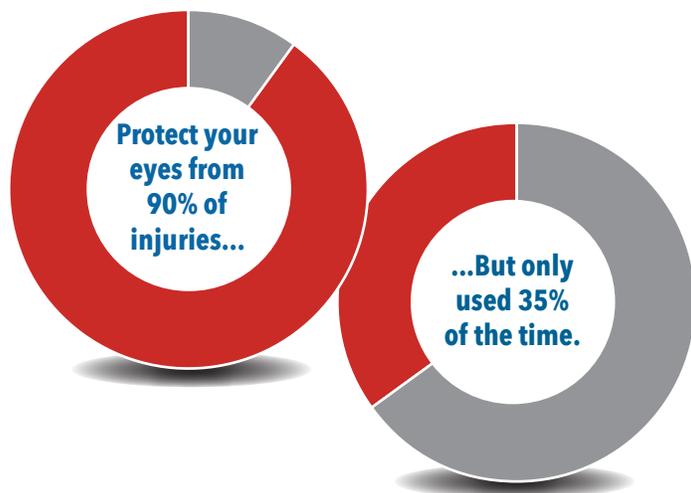
Parts of the eye

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.

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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