CHCA: KEEPING YOU INFORMED

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.

- **PUPIL**: Controls the level of light entering your eye.
- **CORNEA**: The clear front window of your eye that offers protection and helps refract and focus light.
- **IRIS**: Colored part of the eye; helps to control the amount of light entering the eye.
- **SCLERA**: Supporting wall of the eye; helps to protect it from injury and provides shape to the eye.

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 who were wearing eyewear (including glasses or contact lenses), were wearing safety or sports glasses.

Protect your eyes from 90% of injuries... ...But only used 35% of the time.

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.

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).

SOURCES:

- [https://www.aao.org/eye-health/tips-prevention/preventing-injuries](https://www.aao.org/eye-health/tips-prevention/preventing-injuries)
- [https://www.cdc.gov/visionhealth/risk/tips.htm](https://www.cdc.gov/visionhealth/risk/tips.htm)
- [https://www.cityhealth.com/blog/minor-trauma/7-common-eye-injuries/](https://www.cityhealth.com/blog/minor-trauma/7-common-eye-injuries/)
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- [https://my.clevelandclinic.org/health/body/22088-sclera](https://my.clevelandclinic.org/health/body/22088-sclera)

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