

Summer Eye Safety Tips from Storm Eye Institute

Summertime is the time for fun, especially along the South Carolina coastline. It is also a time to remember to protect your eyes and to keep them safe. Storm Eye Institute at the Medical University of South Carolina treats thousands of patients every year, some because of accidents that could have been avoided by following simple safety rules.

The American Academy of Ophthalmology has some useful eye-safety tips for everything from mowing the lawn to recharging a dead car battery:

- Check for rocks and debris before mowing the lawn or trimming the hedges. These objects can become dangerous projectiles when shot out from lawn mowers and trimmers such as weed whackers. Don't forget to wear goggles.
- Bungee cords are a common cause of severe eye injuries. Wear eye protection when using bungee cords.
- Buy safe toys for kids, avoiding those with sharp edges.
- Keep a pair of safety glasses or goggles with your jumper cables, and follow instructions carefully when jump-starting a dead car battery.
- Be careful with household chemicals, since many can burn your eyes' delicate tissues. Always wear goggles, read instructions carefully, work in well-ventilated areas and make sure the nozzle is pointed away from you.
- Always wear appropriate eye protection when playing sports.
- Have fun in the sun, but always wear sunglasses that block 99%-100% of UV-A and UV-B rays when outdoors for extended times.
- Don't forget to apply sunscreen to the eyelid area as well as around the eyes.

For more information about summertime eye safety, visit the American Academy of Ophthalmology web site at www.aao.org or Storm Eye Institute at www.stormeye.org. To learn more about Storm Eye Institute services or to schedule an appointment call (843) 792-8100.