

safety matters

From your safety partners at Peabody Insurance Agency

Selecting Safety Sunglasses

Sunglasses are not just for fashion or for the beach; they provide the necessary protection needed to block harmful ultraviolet A (UVA) and ultraviolet B (UVB) rays. A good pair of sunglasses will protect the eyes from being burned by the sun, which can cause cataracts, macular degeneration or skin cancer around the eyes.

In addition to protecting your eyes from the sun, safety sunglasses also act as a shield while working outdoors. Industrial hazards such as flying objects, dust and chemical splashes are dangerous without the proper protection in place. A designated pair of safety sunglasses will not break if hit by objects, thereby saving the eyes from damage.

What to Look For

When shopping for a pair of safety sunglasses, look for the following:

- The glasses should contain 99 to 100 percent protection from UVA and UVB rays. The label will outline the pair's protective qualities.
- Make sure the lenses cover your entire eye area, including your eyelids and the sides of your eyes.
- Choose glasses that have shields on the top and sides to reduce the risk of getting foreign objects in your eyes from any direction.

- Look for the American National Standards Institute (ANSI) logo and the Z87.1 code. This designates the glasses as approved safety eyewear.
- Select close-fitting frames with larger lenses or wraparounds to prevent rays from entering on the sides.
- Don't let price fool you; just because the price is higher doesn't necessarily mean the protection is better!

Sun Tips

In addition to wearing a solid pair of safety sunglasses, remember these tips to keep your eyes safe while working outside:

- If allowed, wear a wide-brimmed hat to keep the sun away from your eyes.
- Avoid looking directly into the sun even with sunglasses on because it can cause permanent damage.

Wear extra protection if you are taking medications such as tetracycline or allopurinol. These drugs will increase your sensitivity to light. Ask your doctor or pharmacist if this is a side effect of any medications you are currently taking.

Did you know that lens colors make a difference in eye protection?

Green lenses reduce eye strain in bright light, brown lenses are good for hazy days, and amber lenses brighten colors on cloudy days.

