

The simplest way

...to protect your eyes.

Did you know?

Ultraviolet (UV) radiation can cause both short- and long-term eye issues. Long periods of UV radiation exposure can cause serious eye damage, including cataracts and various cancers.



Choosing the right sunglasses

Sunglasses (even cheap ones!) can protect you if they fulfil these requirements:

- ✓ They are wrap-around, close fitting, with large lenses.
- ✓ They meet the Australian Standard AS/NZS 1067:2003. The standard has five categories of sun protection, from 0 (the lowest UV protection) to 4 (the highest). Choose sunglasses of category 2 or higher, as these absorb 95% of UV radiation.
- ✓ They have an Eye Protection Factor (EPF) of 9 or 10, which blocks out almost all UV radiation.

Don't forget your sun-safe hat to further protect your eyes.

Eye protection at the snow

Snow reflects sunlight so wear goggles or sunglasses which meet the Australian standard AS/NZS 1067:2003. This will avoid 'snow blindness' (sunburn on the eyes' surface) which is painful and can contribute to long-term damage, such as cataracts.