Gear up!

there's more to lose than the game. Use protective eyewear.

31 fun facts for children

1 Emergency Urgency – Every 13 minutes someone in the United States goes to a hospital emergency room for a sports-related eye injury. Protect your eyes!

2 Travel Tips – The World Cup is the biggest soccer tournament in the world. It is held in a different country every four years.

3 Football Frenzy – Soccer is the most watched sport in the world.

4 Eye Spy – Eye injuries among kids aged 11 to 14 often happen while playing sports.

5 Helmet Head – Use your head and wear your helmet every time you bike or skateboard.

6 Painful Playtime – Toys, guns, darts, sticks, stones, and air guns could injure your eyes. Be safe!

7 Hoop History – Basketball was invented in 1891. That's more than 100 years ago!

8 My Eye – You still need protective eyewear that's approved for your sport even if you don't wear glasses or contacts.

9 Why Red Eye? – People sometimes have red eyes in photographs, especially those taken with a flash, because light reflects off the blood vessels of the retina.

10 Sox Rock – The first World Series was played between Pittsburgh and Boston in 1903. Boston won the series five games to three.

11 Good Goal – Using full-face protectors in ice hockey has been 100 percent effective in eliminating eye and face injuries.

12 Big Bang – An eye is one of the most common body parts to get injured in a fireworks accident.

13 Size Wise – Each eye weighs 1/4 ounce, measures less than 1 inch in diameter, and is shaped like a slightly flattened ball.

14 Board Boys – Sixty percent (60%) of skateboarding injuries occur among kids under age 15. Most injuries are among boys.

15 Bouncing Back – Basketball leads all sports in the number of eye injuries to young people aged 15 to 24.

16 Peachy Keen – The first basketball "hoops" were actually peach baskets and the first backboards were made of wire.

17 Gnarly Nets – In 1895, when volleyball was invented, the net was only 6' 6" high. Today the net is 7' 11 5/8" high for men and 7' 4 1/8" for women.

18 Lucky Lenses – Experts recommend ultrastrong polycarbonate lenses for eye protection. Make sure they are in sport-appropriate frames or goggles.

19 Volley Folly – The first volleyball rules had no limit to the number of players or the number of times you could hit the ball.

20 Batters Matter – Baseball is the leading cause of sports-related eye injury in kids 14 and younger.

21 Shutter Flutter – When you blink, you shut your eyes for 0.3 seconds. That's a total of 30 minutes each day!

22 Mask Task – Little League Baseball recommends using face guards on batting helmets to better protect players.

23 Jeepers Peepers – Children under 15 account for 43 percent of all sports and recreational eye injuries.

24 Wear a Pair – Wear approved sports goggles and frames! Regular glasses do not protect you from eye injury.

25 Sew and Throw – Each baseball is stitched by hand with two straight needles—108 stitches each.

26 Great Skate – Skateboarding is a fun and healthy activity that can give you a great low-impact workout. Remember to wear safety equipment!

27 Corner Coverage – A good pair of safety goggles has polycarbonate lenses and wraps around the outside corners of your eyes.

28 Some Souvenirs – Together, Major League Baseball teams use about 850,000 balls every season.

29 Fight Night – Boxing became a legal sport in 1901.

30 Think Blink – Blinking helps to keep your eyes from getting too dry. You blink every two to 10 seconds. Be sure to blink while you read or work on the computer.

31 Prevent the Event – Ninety percent (90%) of eye injuries could be prevented with better eye safety habits, such as using protective eyewear.

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