

Gear up!

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



31 fun facts for children

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| | <p>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!</p> | <p>2 Travel Tips – The World Cup is the biggest soccer tournament in the world. It is held in a different country every four years.</p> | <p>3 Football Frenzy – Soccer is the most watched sport in the world.</p> | <p>4 Eye Spy – Eye injuries among kids aged 11 to 14 often happen while playing sports.</p> | <p>5 Helmet Head – Use your head and wear your helmet every time you bike or skateboard.</p> |
| <p>6 Painful Playtime – Toys, guns, darts, sticks, stones, and air guns could injure your eyes. Be safe!</p> | <p>7 Hoop History – Basketball was invented in 1891. That's more than 100 years ago!</p> | <p>8 My Eye – You still need protective eyewear that's approved for your sport even if you don't wear glasses or contacts.</p> | <p>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.</p> | <p>10 Sox Rock – The first World Series was played between Pittsburgh and Boston in 1903. Boston won the series five games to three.</p> | <p>11 Good Goal – Using full-face protectors in ice hockey has been 100 percent effective in eliminating eye and face injuries.</p> |
| <p>13 Size Wise – Each eye weighs 1/4 ounce, measures less than 1 inch in diameter, and is shaped like a slightly flattened ball.</p> | <p>14 Board Boys – Sixty percent (60%) of skateboarding injuries occur among kids under age 15. Most injuries are among boys.</p> | <p>15 Bouncing Back – Basketball leads all sports in the number of eye injuries to young people aged 15 to 24.</p> | | <p>16 Peachy Keen – The first basketball "hoops" were actually peach baskets and the first backboards were made of wire.</p> | <p>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.</p> |
| <p>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.</p> | <p>20 Batters Matter – Baseball is the leading cause of sports-related eye injury in kids 14 and younger.</p> | <p>21 Shutter Flutter – When you blink, you shut your eyes for 0.3 seconds. That's a total of 30 minutes each day!</p> | <p>22 Mask Task – Little League Baseball recommends using face guards on batting helmets to better protect players.</p> | <p>23 Jeepers Peepers – Children under 15 account for 43 percent of all sports and recreational eye injuries.</p> | <p>24 Wear a Pair – Wear approved sports goggles and frames! Regular glasses do not protect you from eye injury.</p> |
| <p>26 Great Skate – Skateboarding is a fun and healthy activity that can give you a great low-impact workout. Remember to wear safety equipment!</p> | <p>27 Corner Coverage – A good pair of safety goggles has polycarbonate lenses and wraps around the outside corners of your eyes.</p> | | <p>28 Some Souvenirs – Together, Major League Baseball teams use about 850,000 balls every season.</p> | <p>29 Fight Night – Boxing became a legal sport in 1901.</p> | <p>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.</p> |
| <p>31 Prevent the Event – Ninety percent (90%) of eye injuries could be prevented with better eye safety habits, such as using protective eyewear.</p> | | | | | |