



Sports-Related Eye Injuries by the Numbers

These five sports cause the largest number of eye injuries each year, according to Prevent Blindness America:

Sport	Estimated Yearly Eye Injuries (US)	Recommended Protection
Basketball	8,500	Goggles with polycarbonate lenses, padding at bridge of nose and sides
Baseball	6,100	Batting helmet with face mask, goggles with polycarbonate lenses
Swimming	3,400	Flexible goggles that fit around and water sports eye socket, sturdy lenses with anti-fog coating, UV protection
Racquetball	3,200	Goggles with and court sports polycarbonate lenses
Football	2,200	Face mask, polycarbonate eye shield that fits on helmet and includes antifog coating, UV protection and scratch resistance