



Patient information: Accident and Emergency

Sports eye protection

This leaflet aims to provide information regarding the risks of sports-related eye injuries and how such injuries can be prevented with appropriate eye protection.

Sports-related eye injuries are common. The risks of sports-related eye injuries depend on the type of sporting activities. The following table highlights the sports that are considered moderate or high risk for eye injuries.

High risk	Moderate risk	Low risk	Eye safe
Small fast projectiles:	Tennis	Swimming	Track and
Air rifle			field
BB gun	Badminton	Diving	Gymnastics
Paintball	Soccer	Skiing	
	Volleyball	Non-contact	
		martial arts	
Hard projectiles, sticks,	Water polo	Cycling	
close contact:	Football	Wrestling	
 Basketball 	Fishing		
 Baseball/softball 	Golf		
Cricket	Rugby		
Lacrosse			
Hockey			
 Squash 			
 Racquetball 			
Fencing			
Intentional injury:			
 Boxing 			
 Full contact martial 			
arts			

Appropriate eye protectors reduce the risk of significant eye injury by 90% when properly fitted. When engaging in sporting activities with moderate or high risk for eye injuries, eye protection is important. In addition, eye protection is important if

you have previously suffered eye injuries, if you have previously undergone eye operations or if you have sight in only one eye.

There are a large variety of eye protectors available and they should be tailored to the individual sport or preference. The ideal requirements for protective eyewear are:

- They must be correctly fitted (especially important in children)
- They must be shatter resistant (polycarbonate material for lens)
- They must have a sturdy frame with or without cushioning
- They should not affect your field of vision when engaging in the sport
- They must be cosmetically acceptable

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Phone: 020 7253 3411 www.moorfields.nhs.uk

Moorfields Direct telephone helpline

Phone: 020 7566 2345

Monday-Friday, 8.30am-9pm

Saturday, 9am-5pm

Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324 or 020 7566 2325

Email: moorfields.pals@nhs.net

Opening hours: Monday to Friday, except bank holidays

Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

