

Safety Check ✓

From the Safety Chick

Next . . . sunglasses!

You may not think of sunglasses as a safety item but consider the protection they give your eyes from debris, dirt and other airborne objects. In summer and winter, they can provide protection from ultraviolet light. In recent years, outdoor sports enthusiasts have enjoyed the availability of a number of sunglass options. Manufacturers continue to develop glasses that are good for the majority of people but they have also tried to develop lines specific to sports. Enhancements have included a variety of lens colors, lens materials and polarized lenses. When choosing a lens consider if the lens has Ultraviolet light protection, is shatter resistant and the correct lens color.

Originally a favorite with boaters, polarized lenses have become popular in other sports including cycling. Polarized lenses reduce the glare from a flat surface, such as the road.

The top five trends in Sports and Performance Sunglasses
(from www.allaboutvision.com)

1. Changeable lens systems. Color options allow the wearer to change the lens based on the light conditions.
2. Frame Materials are lightweight and durable, such as polyamide.
3. Styles developed for performance and fashion.
4. Polarized lenses.
5. No slip temple grips and nose pads, allowing full functionality in all temperatures.

The website noted above has additional information on nutrition and eyes. In addition to explaining some common eye ailments, they list a number of vitamins that aid in reducing risk. Vitamins include Lutien, zeaxanthin, Vitamins A, C and E, Zinc and more.

Tailwinds,
Nancy