

UV-Protective Eyewear

Which safety glasses, goggles, and sunglasses protect against UV?

Your skin isn't the only part of your body that needs to be shielded from the sun's harmful UV rays. Your eyes also need UV protection to prevent some very serious conditions. These include sunburn of the cornea, clouding the lens, vision loss, and cancer of the eye.

Follow these tips to find safety glasses, goggles, and sunglasses to help shield your eyes from UV:

- **Read labels and look for:**
 - Blocks 99-100% of UVA/UVB
 - UV absorption up to 400nm
 - Meets ANSI Z80.3 standards (sunglasses)
 - Meets ANSI/ISEA Z87.1 standards (safety glasses). "U" followed by a number on a scale from 2 to 6 shows the UV filter level.
 - Tinted polycarbonate (high-index plastic) lenses
 - Plastic and glass photochromatic lenses (transition lenses)
- Lenses don't have to be dark to block UV well. UV protection comes from an invisible coating applied to the lenses. Even clear glasses and contact lenses can have UV coating.
- Sunglasses don't have to cost a lot to work well. Look for labelled sunglasses that fit your budget.
- Polarized lenses reduce reflected visible light (glare) when outdoors and make it easier to see on a sunny day. Polarization does not increase UV protection.
- For more complete protection, wear larger or wrap-around frames. They will screen out more UV, especially scattered and reflected UV, than smaller frames. Remember UV reflects off many surfaces, including concrete, asphalt, water, sand and snow.

