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Eye Safety Tips For Your Home

Most people don't know there are many common objects in the home that can cause serious eye injuries to children. Watching children is the best precaution, but there are other steps you can take to ensure their safety and well-being. Teaching kids about eye safety is one way. Using eye protection for risky tasks is another.

Actions often speak louder than words. Adults who wear eye protection are teaching their kids a valuable lesson. In addition, the following home safety tips can help keep you and your children safe.

Bathroom and Kitchen

- Teach children not to run around with forks, knives, combs or toothbrushes.
- Keep detergents, cleaning supplies, nail polish remover, mouthwash and makeup in locked cabinets or out of reach.
- Set a good example by wearing eye

protection when using ammonia-based cleaning supplies.

Bedroom

- Keep clothes hangers in the closet.
- Don't allow children to play with small, pointed or sharp toys or objects in bed.
- Don't allow young children to use combs, brushes or hairspray unless you watch or help them.

Play Area

- Teach children to put toys away.
- Keep toys for older kids away from younger kids.
- Don't give toys with small parts to young children. Young kids tend to put things in their mouths, increasing the risk of choking.
- Tell children not to throw toys or objects at each other.

Founded in 1908, Prevent Blindness America is the nation's leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. Focused on promoting a continuum of vision care, Prevent Blindness America touches the lives of millions of people each year through public and professional education, advocacy, certified vision screening training, community and patient service programs and research.

- Repair or throw away broken toys. Take recalled toys back to the store where you bought them.

Workshop/Basement

- Place nails, glue, screwdrivers and other tools out of reach of children.
- Keep younger children away from work areas where power tools are being used.
- Set a good example by always wearing

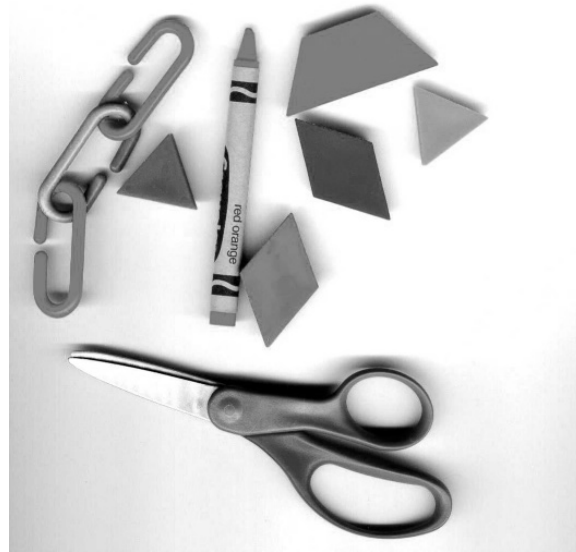
**Call the PBA
Vision Health
Resource Center
at 1-800-331-2020.**

eye protection while working on projects.

- Prompt others who enter the work area to wear eye protection.

Backyard Games

- Teach kids to wear the right eye protection when playing baseball, basketball or other types of contact sports. Call PBA at 1-800-331-2020 to get a list of the recommended eyewear for specific sports.
- Make sure children who wear prescription glasses play contact sports with proper eye protection.
- Work together with your kids to create a list of eye safety rules they should follow when they are playing.



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