



How to Protect Against UV

PRESERVE THE SIGHT TO FIGHT!

Tri-Service Vision Conservation
and Readiness Program

Protect Your Eyes from UV Radiation

Ultraviolet (UV) Radiation Hazards

- UV rays are an invisible part of the sun's radiation. UV rays can harm your eyes as well as your skin. Too much exposure to UV rays can cause cataracts, macular degeneration, and melanoma. Snow blindness and welding flash burns are also caused by UV radiation

Sources

- Sunlight
- Tanning bed or sunlamp
- Welding
- Germicidal lights

Outdoor Risk Factors

- UV levels are greater when the sun is high in the sky. For example, UV levels are higher at mid-day during the summer
- UV levels are greater at higher altitudes
- UV levels are not affected by cloud cover
- UV radiation reflects off snow, water and sand. Being near these surfaces can increase your exposure

- Certain medications can increase your body's sensitivity to UV

Protection

- Wear sunglasses that block 99 to 100 percent of all UV radiation.
 - » Not all sunglasses block UV radiation. Look for ANSI Z80.3 or ISO-14889 on the label
 - » The color or darkness of sunglasses is not linked to the amount of UV protection
 - » Avoid sunglasses labeled "not for use while driving"
- Wear your Military Combat Eye Protection – all MCEPs protect against UV
- Wear a brimmed hat outdoors
- Protect your children's eyes
 - » The harm from UV rays adds up over the years
 - » Start your children wearing sunglasses and hats early in life