



EFFECTS OF SOLAR RADIATION ON THE EYE

Ultraviolet and infrared rays damage the cornea, retina and lens causing cataracts, ulcers and pains

Radiation	Affected structure	Damage produced in the eyes
UV C and B	Epithelium	Photokeratitis and corneal opacities
UV B and A	Lens	Cataracts
Visible	Retina	Decreased vision, intraocular hemorrhage and alterations in color perception
Infrared A	Iris	Decreased vision and cataracts
Infrared B	Cornea	Opacities
Infrared C	Cornea	Superficial burns



THE IMPORTANCE OF THE TRANSMISSION AND THE COLOR OF THE FILTERS

When you choose a sunglasses, you must select properly the transmission factor and the color of the filters

A dark filter can be harmful, because it dilates the pupil and allows the radiation to reach the retina



COLEGIO
ÓPTICOS-OPTOMETRISTAS
COMUNITAT VALENCIANA



Cruz Roja Española
Comunidad Valenciana

TAKE CARE OF YOUR EYES AS YOU TAKE CARE OF YOUR SKIN

Your optician-optometrist will advise you which are the best sunglasses to protect your eyes



Closer and closer to people



Cruz Roja



The sun, source of life, can also be a risk to our body if we expose ourselves to its radiation in a regular way.

We have become aware of the need to protect our skin from the sun rays, but...

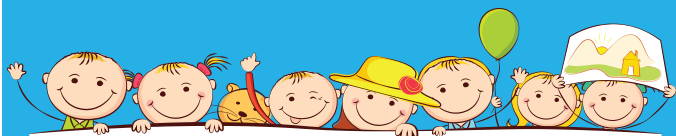
WHY DO YOU NOT TAKE CARE OF YOUR EYES AS YOU DO IT WITH YOUR SKIN?

Our eyes have a limited tolerance for absorbing the sun rays that is far exceeded by our current way of life.

Infrared and ultraviolet radiation are the most harmful to our visual health. They accumulate in the different structures of the eye causing irritations and serious diseases that can cause loss of vision and even blindness.

Children's eyes are more vulnerable to solar radiation

PROTECT THEM!!!!



HOW CAN WE PROTECT OUR EYES?

Caps, visors and especially sunglasses are necessary to protect us from solar radiation.

Sunglasses are an protection element, not a fashion item.

Not all sunglasses are equal. They must adapt to the needs of protection, the environment, radiation levels and visual defects of each person.

The advice of an optician-optometrist is essential to choose the size of the glasses, their shape and especially the most appropriate filter.

IT IS BETTER NOT TO USE SUNGLASSES, THAT A BAD QUALITY ONES

Poor optical quality lenses put our eyes at risk

Some glasses, because they are darker, do not protect better



Your sunglasses, must be approved

The labeling of sunglasses should include:

Authentic quality marking of the European Community	standard (UNE UN 1836)
The category of sunscreen of lenses	Characteristics of use
Guarantee document	Warning of risks and restrictions of use
Brochure of manufacturer label in Spanish	Explanation and relative marking to the degree of protection against Ultraviolet radiations
Manufacturer or distributor in the European Union	Cleaning and maintenance rules
Reference of the European	

GUIDE TO SELECT SUNGLASSES

Cat. of suns-creen	Characteristics	Use	Restriction	Program
0	Very clear lenses	Interiors or covered skies	None	
1	Slightly colored	Light solar luminosity [City]	Not valid for night driving	
2	Medium colored	Medium solar luminosity		
3	Very colored lenses	Strong solar brightness [beach and mountain]		
4	Very dark lenses	Extreme luminosity [skiing and high mountain]	Not valid for driving	