

SUNGLASSES AND TINTED LENSES



WHY SHOULD I WEAR SUNGLASSES?

Sunglasses and tinted lenses protect your eyes from harmful ultraviolet light. Over time, exposure to UV light can cause cataracts, skin cancer and damage to the retina, the layer of nerve cells at the back of the eye. To protect your eyes from the sun's harmful rays, you should always wear good quality sunglasses when outdoors. There are many great sunglass frames available too.

WHEN SHOULD I WEAR SUNGLASSES?

As well as wearing them in the sun, sunglasses should be worn in the shade as the harmful UV light can be reflected from buildings and pavements. Even on cloudy days, harmful UV rays can reach the earth. Sunglasses should also be worn in snowy conditions as fresh snow reflects UV rays. Ski goggles with full UV protection are essential for those who ski or do any snow sports.

SHOULD CHILDREN WEAR SUNGLASSES?

Children spend more time outside than adults so their eyes need protecting from the sun with good quality sunglasses. Very small children and babies should not be in the sun at all. Toddlers and older children should use sun cream, a hat and sunglasses for maximum protection from the sun.



Sunglasses protect your eyes from the harmful effects of UV light... and they can look great too!



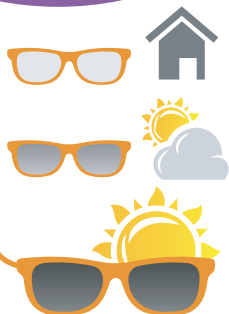
Over time UV light can cause cataract, skin cancer and retinal damage.



Sunglasses can be made to your prescription.



Children need to wear sunglasses too.



Photochromic lenses darken in sunshine.

Check the label for sunglasses that meet the British Standard (BS EN ISO 12312-1) & carry the "CE" mark.



Polarised lenses are great for watersports.



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What you need to know



HOW DO I CHOOSE A SUITABLE PAIR?

All sunglasses should meet British Standards (BS EN ISO 12312-1) so always look for the CE mark when buying a pair. This will ensure they block all of the UV light. They should also fit your face well to make sure the UV light cannot reach your eyes.

CAN I HAVE MY PRESCRIPTION MADE INTO SUNGLASSES?

Yes. You will be able to choose the colour and depth of the tint depending on your lifestyle. Your dispensing optician will advise which would be best for you.

CAN I DRIVE IN MY SUNGLASSES?

Most sunglasses are suitable for daytime driving but if you choose a very dark tint, you will not be able to drive in them. All sunglasses are unsuitable for driving at night.

SHOULD I HAVE POLARISED LENSES?

If you do a lot of fishing, sailing, cycling or driving, you should consider polarised lenses as they will help reduce the reflections from water or a wet road. A mirror coating on polarised lenses will help to eliminate UV being reflected on bright, sunny days. Although polarised lenses are great for driving during the day, they are not suitable for driving at night.

WHAT ARE PHOTOCROMIC LENSES?

Photochromic lenses darken automatically in sunlight and go clear again when you go indoors. They are ideal if you are light sensitive or do not want to keep changing from one pair of spectacles to another.

Ask your registered dispensing optician for advice on which sunglass frames and lenses will suit you best. Remember, sunglasses are not only a fashion statement, they protect your eyes from harmful UV radiation.



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FIND OUT MORE**



EYECARE FAQ - AN INITIATIVE BY ABDO

Association of British Dispensing Opticians