

# 5 Ways To Protect Your Eyes From The Sun

Paycare



## Wear Sunglasses

Although many of us see our sunglasses as a fashion statement, it's important to ensure that your sunglasses are protective first and foremost - they should be **dark and large enough to completely cover the eye**. Ensure your sunglasses have adequate UV Protection to help reduce glare from reflective surfaces.

## Seek Shade

Being out in the sun is good for us, and it's great to make the most of it! But, be sure to seek shade at regular intervals, **especially during the afternoon when the sun's rays are at their strongest**. Taking some time throughout the day to sit in the shade will help protect our bodies. So, whether it's finding a nice shady tree, sitting closer to a building or even taking a trip indoors - **your eyes (and skin) will thank you!**



## Know When The Sun Is At Its Strongest

The highest UV radiation exposure for eyes and skin is normally strongest (and sometimes most dangerous!) **between 11am and 3pm**. Researchers estimate we receive 80 percent of our lifetime exposure to UV rays before age 18, with **children's eyes transmitting more UV rays to the retina than adults**. This will increase their exposure and risk of later eye damage - so remember to pass on the safety advice! And remember, **our eyes can also be vulnerable in the Winter and Autumn**, when the sun is lower in the sky - so be sure to keep those sunglasses handy!



## Pick Contacts That Offer UV Protection

**Did you know** - if you wear contact lenses, you can speak with your optician/doctor and switch to contacts that offer UV protection? Some contact lenses provide UV ray protection, but it's always worth checking! And remember, this doesn't mean you can ditch the sunglasses - **it just a great way to add a little extra protection**. You never know, your contact lenses might already be protecting your eyes!



## Wear A Hat

Although our sunglasses can offer a lot of protection, they **don't offer full coverage**. Wherever you can, you should always try and add a hat for extra protection! There can still be gaps around the lenses that give access to sun rays. So, **wearing wide-brimmed hats outdoors is even a great way to protect and shield your hair, eyes, and skin from the sun's ultraviolet (UV) rays** - perfect!

### Contact Us

01902 371 000

[www.paycare.org](http://www.paycare.org)

Paycare  
Everyday Health Cover since 1874