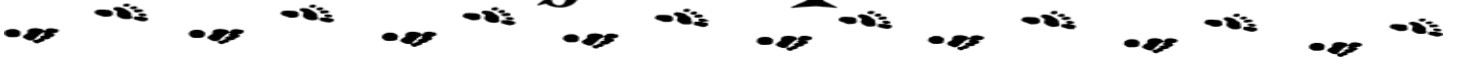


# Young Explorers



## Fact Sheet

Extra Information about Eye Protection

# Young Explorers



## **Slip Slop Slap WRAP**

Cancer Research Societies across the world are adding a new dimension to their 'Slip Slop Slap' campaigns (Slip on a shirt, Slop on sunscreen, Slap on a hat).

Slip, Slop, Slap, Wrap promotes the importance of also wearing sunglasses to protect your eyes from the sun.

While cancer of the eye is rare, basal cell carcinoma of the surrounding skin is relatively common. In addition, UV radiation is associated with cataracts.

A wide-brimmed hat can reduce UV rays to the eyes by up to half, but good quality sunglasses provide considerably more protection. This is what you need:

Lenses which cut out 100% of UV rays;

A wrap-around shape which is close fitting and with large lenses. It is important not to wear the John Lennon style, because they offer less protection.

Ideally, lens categories should be category 2 or 3, or even the top rating of Category 4 provided you do not use this latter rating for driving (not a problem with your kids!).

Although it has been argued by some specialists that children's eyes need some exposure to UV rays in order to develop protection against eye problems, it is clear that around highly reflective surfaces (water, sand and snow), sunglasses should be worn. Children, especially very young children, have more fragile eyes than adults.

All of the sunglasses sold by Young Explorers are UV protective to 100%. EC category ratings are given.

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## 6 things you need to know about protecting your eyes from the sun:

- 1 Ultraviolet rays are the most dangerous type of radiation. The majority of UV rays are absorbed by the atmosphere, but the quantity filtered is very variable. Those people nearest the equator and at high altitude will be in a thinner atmosphere. The effects of UV radiation are increased if reflected by surfaces such as snow, sand and water.
- 2 Water reflects approximately 20% radiation and sand reflects approx 10%. Snow reflects 85% and the intensity of the UV rays increases by about 10% with every 1,000 metres of height gained. It is advisable to have high wrap glasses in the mountains. The higher the relative humidity, the more dangerous the radiation.
- 3 Children, especially very young children, have more fragile eyes than adults. UV absorption is total in babies and high under the age of 13.
- 4 The tint in sunglasses is protecting you against dazzle, which is necessary in itself but dazzle is not harmful to the eyes. Lenses can give total UV protection even when clear. Heavily tinted glasses can do more harm than good as they cause the pupil of the eye to dilate so much, allowing in a lot of UV if the glasses do not have an adequate UV rating.
- 5 Lenses that are declared as optically correct are able to transmit a laser beam through them to a centred target with complete accuracy, and not deflect the beam off at an angle. Some lenses cannot do that, which can result in you misjudging your step when walking and making errors when driving.
- 6 There are five EC standards of protection against radiation in glasses:

**Category 0** is a clear lens for ordinary glasses and protection;

**Category 1** is usually a yellow or orange lens, often worn by cyclists, and is for protection against grit from the road as well as for enhancing low light in winter;

**Category 2** is usually a blue lens and will protect against sunlight but not at altitude or where there is reflection from sand and water;

**Category 3** is the most common available for sunglasses and is good for low mountain altitudes, the seaside and bright days;

**Category 4** is essential in high mountains above 3000 metres, regardless of whether there is any snow. These lenses are not recommended for driving as they are too dark.

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## **Does baby really need sunglasses?**

There's plenty of medical evidence to give a positive answer to that one. In addition, baby spends a long time inclined up towards the sky when in car seats, prams and pushchairs. If you look up yourself you can see that it is incredibly bright, even on a cloudy day. It is then that you can appreciate the comfort factor given by sunglasses.

## **Glasses or Goggles for skiing?**

In almost all instances you should take a pair of goggles with you. Only if you know for certain, somehow, that you are in for nothing but glorious, sunny skiing at the end of the season should you risk leaving them behind. Goggles give you a particular quality of vision when it is snowing or overcast that cannot normally be matched by sunglasses. Goggles also keep the snow out because they are fixed to your face. They are vented to stop you misting up as much as possible. Sunglasses should be seen as an optional extra for days when you know that it is going to be sunny all day. Goggles will be just as good in sunny conditions. If you do consider sunglasses for skiing, make sure that they are wrap-around in style both at the sides of the eyes and on the bridge of the nose. You really do need to stop the sun bouncing off the snow and damaging your eyesight.