



Wearing the right Safety Sunglasses

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Today we are going to talk safety sunglasses. One of the standards that I apply to writing articles is can the everyday logger use this information to be safer and spend less money? In today's topic I think the answer is yes.

Buying the right safety sunglasses you get protection and you don't have to spend a lot to get it. The average price for safety sunglasses is well under \$20.00 (I saw some that meet the ANSI standard for \$1.50 each), but you can spend hundreds if you want but you don't get any better protection by spending the big money. Picking the right sunglasses is one of the most important things you should consider first before starting your day, every day. We are entering into longer days with brighter sun with snow & water bouncing the light around us into our eyes. You need to protect your eyes from the harmful UV rays.

There are three different types of UV rays that we need to protect from: UVA, UVB and UVC, and it is important that your sunglasses protect you from UVA & B and here's why.

UVA rays affect the inner eye and can cause eye damage. These rays have a longer wavelength and can easily pass through glass.

UVB rays also affect the inner and outer eye and most people have felt the effects of snow blindness and this is caused by UVB rays.

The last is UVC, the good news here is that this is blocked by the earth's upper atmosphere so we don't have to worry about this type.

All UV light is cut down by the earth's atmosphere. This is not important to you unless you work in high altitudes areas or you're a pilot, then you need to take extra precautions. The pilots wear those cool sunglasses not just for looks, they are functional too.

Now whether or not you know the names of these rays or care it is important that you take steps to avoid exposure to these rays with sun glasses. Look for the amount of UV protection. Make sure it reads 99 - 100%. With UV protection settle for nothing less, and you shouldn't because full protection does not have to cost a lot of money.

Get sunglasses that wrap around your face because light can come in from the sides also and with your eyes dilated because you are looking through dark glasses you are letting in more harmful light from the sides. This goes for sunglasses that don't have uv protection or have poor protection also.

Sunglasses should take out most of the visible light (75% - 90%). This refers to how dark they are and if you look in a mirror and can see your eyes they are not dark enough.

Make sure you get glasses that have good quality lenses. Take them off and look through them an arm length away and notice if the image stays consistent when moving over a straight line like a corner of a door or wall. If the straight line wobbles any these sunglasses are not good quality.

Here are some special options that you can consider:

Polarized: Cuts down the glare. Fishermen, river guides and skiers like these because of the high glare environment that they are operating in. Be aware that these will sometimes change your perception of color. A long time ago we sent a coworker to bring a group of people to the blue bus. He was wearing polarized sun glasses and the blue bus turned green. The funny thing was that it did not change the color of the other buses in line that happened to



be green. So he looked and he looked and came back and said that there were no blue buses only green. I told him to take off his sunglasses and then tell us what he found. Bingo!

Mirrored sunglasses: This is more than just a look. They are popular in high glare environments and with law enforcement and they tend to be good at filtering UV rays but not always. The one caution about these is that you can sunburn your nose and cheeks easily and then that leads to skin issues so remember to wear sun screen and reapply often.

Impact resistant: Look for Z87 stamped on the frame somewhere. This is a reference to the ANSI high velocity impact resistant standard. Don't buy safety sunglasses without it.

I will leave you with this: put on your safety sunglasses and Hum a few bars of ZZ Top's classic song "Cheap Sun Glasses"