



Stinging Eyes

The dreaded swimmers eye irritation

Swimmers eye is not permanent it's just a short irritation. It can cause blurred vision, itchy eye, red eye and tearing from the eye. Eyes are a very common swimming injury and can become easily irritated from the chloramines in the water. Eyes can also become infected from the micro-organisms in the water. Although it never really last too long for most people, it can be an annoying irritation. To prevent eye irritation, swim in only in properly maintained, sanitized, and balanced pools.

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Aquatic Environment

Swimming pools contain many chemicals and potential contaminants. Chlorine and other chemicals are added to pool water to control bacteria, but these chemicals also can irritate the **eyes**. Chlorine kills germs--but not instantly.

Wear goggles while swimming.



It is better to wear goggles and protect your eyes. Soft contact lenses are a problem as they can stick to the cornea. It is recommended to wait 20 to 30 minutes after leaving the water before removing lenses to avoid damaging the surface of the cornea. Also research has shown that soft contact lenses can protect the eyes from the chlorine in the water, but for soft contact lens goggles are recommended

Eye Infections

Conjunctivitis, or pink eye, is the most common type of eye infection. Bacterial conjunctivitis can be treated with antibiotic drops or ointment. Use eye drops to relieve eye irritation from viral conjunctivitis. Do not rub your eyes. Use tissue to dry the eyes, and dispose of them properly after use.

Note: Eye infections, such as pink eye (conjunctivitis), can be transmitted through close contact with an afflicted individual. Stay home. Do not go to swimming pools or other public places if you have an eye infection.

Eye Drops

It never looks good when you or your child has done a good days swimming and you look at their eyes and they're blood shot. Use eye drops containing antihistamines after leaving the pool.

Outdoors

Wear good polarized goggles to filter out destructive rays of the sun while swimming, or sunglasses and a hat if participating in other activities around the pool.

***If eye irritation continues after one day please see your doctor**

This information is provided to you by the IES Safety Committee