There are two types of UV radiation that are damaging to the eyes: **UVA** and **UVB**

- **UVA** account for 95% of UV radiation
  - UVA rays are 30-50 times more prevalent and produce long-term severe damage

- **UVB** more likely to penetrate on cloudy days
  - UVB rays are more prevalent at higher altitudes and are highly reflective off snow and ice

Children receive 3 times more sun exposure than adults.

Their large pupils let in more UV light, making them susceptible to UV-related eye damage.

Reflected UV light is just as damaging as direct UV

- **Water** reflects up to 100%
- **Snow** reflects up to 85%
- **Sand and concrete** reflects up to 25%
- **Grass** reflects up to 3%

**Sources:**

**Protect Your Eyes**

- Sunglasses should block out 99-100% UVA/UVB radiation
- Wraparound sunglasses prevent UV rays from entering around the frame
- “UV 400” label covers all UVA and UVB rays