

## Safety Sunglasses/Goggles

Anyone who has ridden a motorcycle in a cicada infested area can vouch for how important eye protection is. Try to ride a bike with your eyes closed because a 3 inch bug hit your eye at 60 miles an hour! Even one hitting your forehead could almost knock you out. Sun glare, dust, rain, debris from the road that fly at you from other vehicles can all make you life miserable and compromise your safety. The importance of eye protection seems to be one thing that most bikers do agree on. Many states require eye protection. A windshield and ferring, of course, gives you additional protection.

### **The Vehicle Equipment Safety Standard No. 8 (VESC-8) for motorcyclist eye protection is widely referenced and applied by the 36 states with motorcyclist eye protection-use laws**

Safety glasses/goggles not only make you look cool, but they protect which is their main function. There are many different kinds. The trouble comes when you buy more for form than function. Ahhh - vanity!

There are many types that will fit the bill for both objectives. There are padded glasses, goggles, wrap-around, amber, blue, metallic, clear, prescription lenses, interchangeable lenses, polarized, floating, burgundy, black, etc.

The important factors you need to pay attention to are:

- Never wear any kind of tinted glasses at night - even amber reduces your vision
- Make sure your eye protection cannot blow off
- Anti-glare features
- Ventilation so that air can get behind them and prevent fog.
- Do they meet the safety standard?
- Goggles meet your face to protect from objects blowing under your lenses and have straps that go all around your head.
- Are you able to see to the side and have clear peripheral vision?
- metallic lenses may cause glare for other drivers

If you wear your normal daily prescription glasses/sunglasses, you must have a shield on your helmet to go over these glasses. Corrective glasses will not protect you.

The safest protection that you can have for your eyes is a shield on your helmet. A shield also protects your face. Some helmets also have a visor, tinted shield or a pull down sun screen for added daytime protection. Change your shield if it becomes cloudy or scratched so that viability is diminished. It is not recommended to use a tinted shield at night.

[http://www.ehow.com/how\\_5257\\_choose-eye-protection.html](http://www.ehow.com/how_5257_choose-eye-protection.html)