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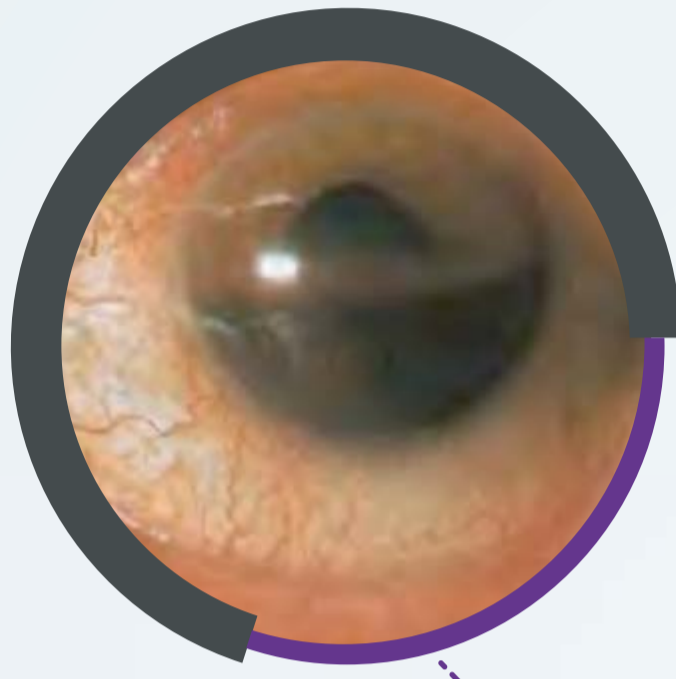
THE IMPORTANCE OF PROPER EYEWEAR

Choosing the right **eye protection** for you is very important when considering playing Squash. Most sporting goods retailers will sell Squash goggles at a very affordable price. So, while you're grabbing some new balls, a hip sweatband, or even a new racquet, consider checking out the goggles. For the momentary lapse in your normally 'on-point' fashion, it's worth it.

If you aren't convinced that you need eye protection, consider the possible damage that can occur:

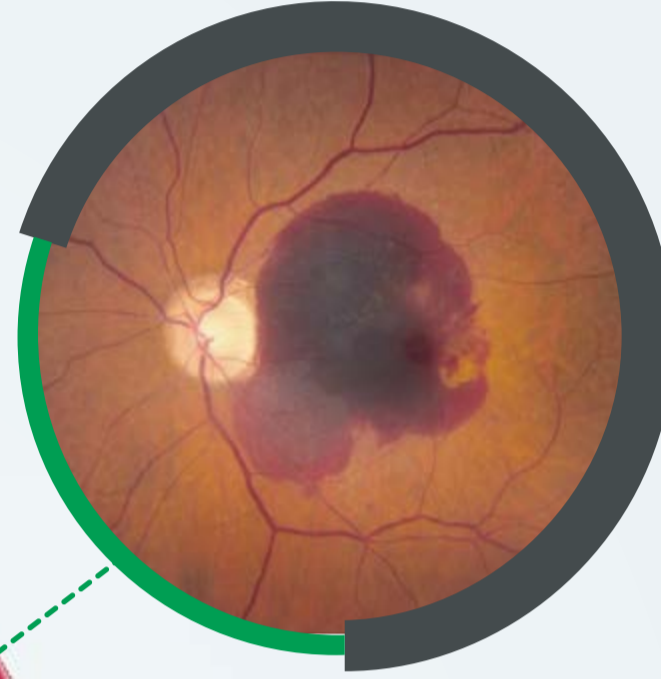
01 HYPHAEMA

Bleeding inside the eye, which can have long term complications and possibly lead to glaucoma.



03 RETINAL DAMAGE

Hemorrhage and swelling of the retina can permanently reduce vision.



02 PUPIL INJURY

Tears to the iris can distort the pupil and lead to an inability to focus.



04 ORBITAL FRACTURES

Surgery is often needed and double vision or disfigurement can result.



So, next time you're about to play Squash make sure you consider that there is always the possibility of an eye injury. If you're worried about the 'dorky' goggles, just own it. I promise you it's worth it.

Original sources for the published content:

<https://www.edmontonsportsclub.com/headlines/squash/importance-proper-eyewear>

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www.BossSquash.com



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