

Ultraviolet Light Awareness Quiz



The sun emits two types of ultraviolet radiation (UV) that are very harmful to your skin and damaging to your eyes. These UV rays have been linked to skin cancer, cataracts and even macular degeneration. The more you know about UV rays, the better you can protect yourself and your family from its harmful effects. Take this short quiz and find out how dangerous the sun's rays can be to your eyes. The answers are on the reverse side.

- 1. What type of solar radiation is potentially damaging to the eyes?**
 - a. Visible light
 - b. Infrared rays
 - c. Ultraviolet light
- 2. What types of UV radiation are dangerous?**
 - a. Only UV-A is dangerous
 - b. Only UV-B is dangerous
 - c. Both are dangerous
- 3. The safest sunglasses are made out of what material?**
 - a. Ordinary plastic
 - b. Glass
 - c. Polycarbonate
- 4. What is the most immediate danger to children's eyes from extreme overexposure to the sun?**
 - a. Glaucoma
 - b. Photokeratitis
 - c. Skin cancer
- 5. When buying sunglasses, look for those that block what percentage of UV?**
 - a. 90% UV-A and UV-B
 - b. 100 % UV-B and 90% UV-A
 - c. 99-100% UV-A and UV-B
- 6. People who work in which of the following jobs are at increased risk of UV eye damage?**
 - a. Lifeguards
 - b. Tollbooth operators
 - c. Both of the above
- 7. What else can I do to cut my exposure to UV rays?**
 - a. Wear a brimmed hat
 - b. Stay indoors during peak sun hours
 - c. Both of the above
- 8. Adding UV coating to prescription glasses is which of the following?**
 - a. Expensive
 - b. Free
 - c. Inexpensive

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Ultraviolet Light Awareness Quiz—Answers

- 1. c. Ultraviolet rays**
UV rays are often called the “sunburn rays.” They are responsible for tanning (a skin’s response to injury), eye damage and skin cancer.
- 2. c. Both are dangerous**
UV-A rays penetrate deep into the eye, while UV-B can damage the front of the eye.
- 3. c. Polycarbonate**
Polycarbonate is the most impact-resistant material available and should always be the first choice for children’s eyewear.
- 4. b. Photokeratitis**
Known as corneal sunburn, photokeratitis can be very painful and cause temporary vision loss.
- 5. c. 99% to 100% UV-A and UV-B**
Be wary of labels that say, “Blocks harmful UV” without stating exactly how much protection the sunglasses provide.
- 6. a. Lifeguards**
UV rays reflect off water, sand and other bright surfaces. It’s essential that lifeguards who work at beaches or outdoor pools wear UV-coated sunglasses and a brimmed hat for maximum protection.
- 7. c. Both of the above**
UV rays are the highest between the hours of 10 am and 3 pm in the summer. Wearing a brimmed hat cuts UV exposure in half. For maximum protection wear UV-coated sunglasses as well.
- 8. c. Inexpensive**
UV coating is inexpensive and can be used in nearly all optical materials currently sold.

