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Hugo Boss Hugo Boss Sunglasses Could Have The Greatest Line Up Of Sunglasses

It is almost an accepted fact that the sun can damage the skin, leading to skin cancer. The brightness of the sun and the invisible rays it emits can also affect the health of the eye, causing both short and long term damage. Eye protection, like Hugo Boss sunglasses, can be a fashion statement, but they also reduce the discomfort of glare and protect eyes from the variety of the harmful rays the sun emits.

The bright glare of the sun causes discomfort to many and wearing sunglasses can reduce this, as well as block any harmful radiation released by the sun. Children, in particular, should wear sunglasses as they are more at risk from harmful radiation, their eyes being more sensitive. Protective eyewear should also be worn by anyone involved in outdoor recreation or past times, like mountain climbing, skiing, snowboarding, or surfing.

Ultraviolet (UV) and high-energy visible light (HEV) are two of the most damaging forms of radiation that can affect the eyes. Despite seasonal fluctuations in levels of UV and HEV, protective eyewear that blocks these rays should always be considered. Overcast days, though blocking some harmful rays, do not offer protection.

For sunglasses to provide enough protection to eyes they should block 99 to 100 per cent of UV radiation. Sunburn and skin and eye cancers are caused by UVB radiation. Most sunglasses prevent damage from these harmful rays, which can't be seen by the naked eye. These days it is normal for corrective eyewear to also be UV resistant.

The quantity of UVB radiation varies according to seasons and weather conditions, but protection should be considered at all times. Whether you are tanning in summer, or skiing in the winter, the sun's rays can be equally damaging. The higher the altitude, the greater the exposure to UVB, with an increase in rays of twenty per cent for every five thousand feet of elevation.

Exposing your eyes to ultraviolet radiation causes injury to the retina, cornea and eye lens. By blocking out the potential harm of UV with sunglasses you can avoid cancers in the eye. Snow blindness and cataracts can also be prevented by remembering to wear protective eye-wear.

There are links between a high-energy visible light (HEV) and vision impairment in later life. HEV can break down the structure of the eye causing vision to deteriorate, particularly after the sixth decade of life. Makers of sunglasses are now starting to have their designs include HEV blockers in their products.

Educating children to become aware of the dangers of the sun, whether it is to protect their skin or their eyes, is important. Children should begin wearing sunglasses from as early an age as possible. Children's eyes have the potential to absorb more UVB and HEV radiation than adults.

Whenever outside, eyes should be protected from the effects of the sun. Keeping eyes safe from the sun's rays with accessories like [Hugo Boss sunglasses](#) and other brands are a wise fashion statement. Not only are they stylish, but they also keep eyes safe from harm with these [polarized sunglasses](#).

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