




Solar Viewing Eye Safety

Essential Protection for Your Vision

 **CRITICAL WARNING:** Looking directly at the sun without proper protection can cause permanent eye damage or blindness. Never look at the sun with unprotected eyes.

SAFE Viewing Methods

- **ISO 12312-2 Certified Eclipse Glasses** – The only safe way to view the sun directly. Must be compliant with current ISO standard.
- **Solar Filters for Telescopes/Binoculars** – Proper solar filters that fit securely over the front aperture (never the eyepiece).
- **Welder's Glass #14 or Darker** – If eclipse glasses unavailable, though not ideal for color accuracy.
- **Pinhole Projection** – Indirect viewing method, completely safe but shows no detail.

NEVER SAFE – Can Cause Blindness

- Regular sunglasses (even multiple pairs stacked)
- Smoked glass
- Exposed film
- CDs or DVDs
- Welding glass lighter than #14
- Telescope or binoculars without proper solar filter
- Camera viewfinder (can damage camera and eyes)
- Water reflections
- Tinted car windows

How to Use Eclipse Glasses Correctly

- **Inspect before use:** Check for scratches, punctures, tears, or other damage. If damaged, discard immediately.
- **Put on before looking up:** Always put glasses on while looking down or away from the sun.
- **Look at the sun:** Only the sun should be visible through the lenses – everything else should appear completely black.
- **Take breaks:** While continuous viewing is safe with proper filters, taking periodic breaks is good practice.
- **Supervise children:** Never leave children unattended with eclipse glasses.
- **Remove properly:** Look away from the sun before removing glasses.

Verify Your Eclipse Glasses

Legitimate eclipse glasses should:

- Have ISO 12312-2 printed on them
- Include manufacturer name and address
- Show only the sun when looking at it (and nothing else)
- Block at least 99.999% of visible light
- Have no visible light leaks around edges
- Come from a reputable manufacturer

Test: Indoors, you should not be able to see anything through them except perhaps very bright lights. Outside, only the sun should be visible – you should not see landscapes, clouds, or other people.

TOTAL SOLAR ECLIPSE ONLY: During the brief period of totality (when the sun is completely covered by the moon), it is safe to view without protection. Your event organizer will likely announce this phase. Glasses must be worn during all partial phases before and after totality, even the smallest slivers of visible sun can cause damage.



Where to Get Safe Eclipse Glasses

Purchase only from manufacturers and vendors listed on **iso12312-2.com**. Beware of counterfeits on online marketplaces – verify the manufacturer is legitimate before purchasing.

Remember: Your eyes have no pain receptors for solar radiation damage. You won't feel the damage occurring until it's too late. When in doubt, use indirect viewing methods or don't view at all. Your eyesight is irreplaceable.

For more information, visit **iso12312-2.com** or consult with an eye care professional.