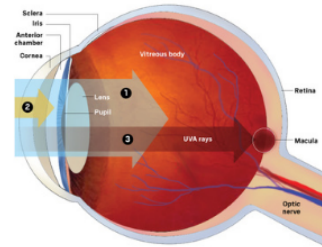


## ULTRA ACCESS Sunglass Colour Tint Guide

What types do what and why, plus what “tint” to select for your own safety.

In the **August Newsletter** we discussed how direct, or indirect (unfiltered) sunlight exposure can damage ones eyes, to the point - if prolonged enough, it can be irreversible, causing blindness.

This Part B, will try to give a detailed, yet brief explanation of what types of sunglasses that you could / might choose to offer maximum protection on the sunniest of days, whilst at work, travelling, or even relaxing outside.



There are various types of sunglasses available on the market, and they all carry out a similar role... the lenses for each pair are typically coated with a specific colour / tint that can either absorb or reflect some of those harmful UVA and UVB rays (that we discussed previously in the **August Newsletter**), preventing them from reaching the eye, reducing the risk of damaging the **Cornea** and the **Retina**, - along with; the **Macula** - which is the part of the Retina, responsible for hyper focusing light, into detailed shapes that the brain can interpret like peoples faces, text/wording and coloured graphics.

**Damage to the Macula can cause irreparable blurred vision... for ever.**

Lens Colour	Benefits of Lens Colour
 Green	<ul style="list-style-type: none"><li>Great for any outdoor activity, regardless of the weather</li><li>Transmits colours evenly</li><li>Dims glare and brightens shadows</li><li>Good for general purpose use</li><li>Provides good contrast in low-light conditions</li></ul>
 Brown/Amber	<ul style="list-style-type: none"><li>Enhances contrast</li><li>Improves depth perception</li><li>Good for variable conditions</li><li>Reduces exposure to blue light</li></ul>
 Yellow	<ul style="list-style-type: none"><li>Filters out blue light from computer screens and other electronic devices</li><li>Provides clarity in foggy, hazy, or low-light conditions</li><li>Can cause colour distortion</li></ul>
 Blue/Purple	<ul style="list-style-type: none"><li>Reduces glare</li><li>Defines contours</li><li>Improves colour perception</li><li>good for use in misty, foggy and snowy conditions</li></ul>
 Grey/Black	<ul style="list-style-type: none"><li>Perfect for general purpose and everyday use</li><li>Offers true colour perception</li><li>Provides protection</li><li>Reduces glare</li><li>Reduces eye fatigue</li></ul>
 Pink/Red	<ul style="list-style-type: none"><li>Enhances visual depth</li><li>Reduces eye strain</li><li>Helps adjust contrast</li><li>Works well in most weather conditions</li></ul>

Different sunglass lenses are usually made from the same / similar materials, with their colours (or tints) each having different **UV light** dispersion and/or reflective qualities.

With the benefits of each type shown within the pictographic.

Most common: are the “dark tinted” (**Greys/Blacks**) lens colour sunglasses, which protects against general glare, and as decent anti-reflective properties.

With the less common:

**Yellow/Amber/Brown** tints being useful in low light conditions, or certain times of the day/night.

**Green** and **Red / Pink** are good for all daytime weather conditions, even when cloudy, and **Blue** being especially good at reducing the harsh glare off snow and polished glass.

**Polarised** and **Mirrored** lenses can help to limit the amount of light entering the eye.

The amount of UV exposure the average persons eyes recieve from sunlight can vary from place to place, and person to person, so **we would advise to choose a sunglass tint type that can offer the most comprehensive and complete protective coverage that suits you best.**