

## **Bungee Cords**

Bungee cords are thick, elastic cords with metallic hooks on each end that are used for many purposes, but primarily to secure loads onto cars, bicycles, and other objects. Even when used correctly and with care, bungee cords are dangerous and cause many cases of vision-threatening blunt and penetrating trauma to the eye each year.

Bungee cords often accidentally release on one end while being secured, and the metal hooks have also been known to break off or bend straight enough to release from where they have been secured.

Your ophthalmologist (Eye M.D.) urges you to use extreme caution if you must use bungee cords, and to always use strong safety goggles or glasses every time you secure or release the cords.