

# Safe Viewing, Made Simple

The complete safety guide for viewing a solar eclipse with ISO 12312-2 certified glasses.

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## Three Essential Steps

### 01 — Put Glasses On First

Always put your eclipse glasses on before looking up at the sun.

### 02 — Look Away Before Removing

Turn away from the sun before taking your glasses off.

### 03 — Check Before Each Use

Inspect lenses for scratches, holes, or damage before viewing.

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## Always

- Use only ISO 12312-2 certified eclipse glasses
- Supervise children at all times during viewing
- Inspect lenses for damage before every use
- Store glasses flat in a dry, cool place

## Never

- Never look at the sun without certified protection
  - Never use sunglasses, smoked glass, or exposed film
  - Never use eclipse glasses with binoculars or telescopes
  - Never use scratched, punctured, or damaged glasses
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## In-Depth Safety Guide

### 01 — The Golden Rule

Never look directly at the sun without certified solar eclipse glasses or solar viewers. Standard sunglasses offer no protection for eclipse viewing — not even the darkest ones. True eclipse filters are thousands of times darker, blocking the visible light, ultraviolet, and infrared radiation that causes permanent retinal damage. The damage can happen silently, without pain, and often is not noticed until several hours later when it is already too late.

### 02 — Inspect Before You Look

Before eclipse day check every pair. Hold the lenses up to an indoor light — any scratches, pinholes, wrinkles, or separation from the frame means discard immediately. The frames should fit snugly and fully cover both eyes without slipping. If a pair looks even slightly questionable replace it. There is no safe way to view the eclipse through damaged glasses. For children: actively supervise at all times. Children must not remove their glasses while looking toward the sun. If a child cannot reliably keep glasses on use an indirect viewing method instead such as a pinhole projector or live stream. This applies especially to children under 3 years of age. Children aged 3–14 must use eclipse glasses under active adult supervision

at all times.

### **03 — The On-Look-Away Routine**

Follow this sequence every single time without shortcuts. First turn your body completely away from the sun. Second put your eclipse glasses on and secure them behind your ears. Third only then look up toward the sun. Fourth when you are done viewing turn away from the sun first. Fifth remove your glasses only once you are fully facing away. Glasses on first. Look second. Turn away before removing. That three-step rule is worth repeating to children the morning of eclipse day until it becomes automatic.

### **04 — Cameras, Phones, Binoculars and Telescopes**

Eclipse glasses are designed for your eyes — not for use with optical devices. When you look through binoculars, a telescope, or a camera lens, the optics concentrate sunlight and can damage the filter and cause serious eye injury before you have time to react. For optical devices a dedicated solar filter must be securely mounted over the front of the lens before the device is pointed at the sun. Do not improvise with loose material or an unsecured filter. For your phone camera use a SolarOptics phone filter attached securely over the camera lens before aiming at the sky. The phone filter is designed for your phone camera — it does not protect your eyes. Always wear your eclipse glasses separately when looking toward the sun.

### **05 — If You Are in the Path of Totality**

Totality is the only moment in a solar eclipse when it is safe to remove your eclipse glasses — and only if you are confirmed to be inside the path of totality where the moon completely covers the sun. The moment the first point of sunlight reappears your glasses go back on immediately. If you are outside the path of totality or if you are not completely certain the sun is fully covered keep your glasses on for the entire duration. When in doubt keep your glasses on.

### **06 — If You Accidentally Look Without Protection**

Stop looking immediately and move to shade. Do not rub your eyes. Avoid repeated exposure. Monitor for symptoms over the following hours. Symptoms of solar retinopathy can include blurred vision, a dark or blind spot in the centre of your vision, increased sensitivity to light, or distorted colours. If any symptoms appear or if you are concerned seek professional eye care advice promptly.

### **07 — Prepare Your Group Early**

Make sure every person has their own pair — never share glasses during viewing. Have children practise the On-Look-Away routine the day before so it feels natural when the moment arrives. Keep spare pairs available so no one is tempted to look unprotected. Check every pair on the morning of eclipse day.

### **08 — SolarOptics Safety Standards**

Every pair of SolarOptics eclipse glasses is manufactured to EN ISO 12312-2:2015, the international standard for direct solar viewing. Our glasses carry CE certification meeting the safety requirements recognised across the European Union. If you have questions about our certifications the full documentation is available to download on our Certifications page at [solaroptics.co/certifications](https://solaroptics.co/certifications)

# Parents Guide — Preparing Children for Eclipse Day

- **Practice using the glasses before eclipse day**

Have children wear the glasses and look around indoors so they get comfortable with them before the real event.

- **Explain to children never to look at the sun without protection**

Make sure children understand they must never look at the sun without their eclipse glasses on.

- **Assign a dedicated adult to supervise each child during viewing**

Assign one responsible adult to watch each child or small group during the entire viewing period.

- **Inspect every pair of glasses before use**

Check all glasses for scratches, holes, wrinkles, or frame damage before handing them to children.

- **Consider indirect viewing methods for very young children under 3**

For children under 3, use a pinhole projector or watch a live stream instead of direct viewing with glasses.