

Batter up and look out

From the U.S. Department of Health and Human Services, I'm Ira Dreyfuss with HHS HealthBeat.

High school baseball is a pretty safe sport. But those hard-hit balls can get you, if you're standing in front of one. Researcher Christy Collins of Nationwide Children's Hospital in Columbus, Ohio, checked that out, using data from 100 high schools.

Collins says players hit by a batted ball were more than twice as likely to need surgery, compared with players who had other injuries.

Collins says athletics and sports are great, but protection would make things better:

“Based on our findings regarding the risk of sustaining injury from a batted ball, ultimately a helmet with a facial would provide the best protection. However, at minimum, pitchers, infielders and batters should wear a mouthguard and eye protection.” (12 seconds)

The study, which was supported in part by the Centers for Disease Control and Prevention, was in the journal *Pediatrics*.

Learn more at hhs.gov.

HHS HealthBeat is a production of the U.S. Department of Health and Human Services. I'm Ira Dreyfuss.