

What you see could hurt you

The causes of eye strain:

- Computer monitors that are hard to read
- Staring at a close, fixed object
- Glare from lighting fixtures or windows without shades
- Uncorrected vision problems
- Lack of color variety in a worker's surroundings
- Blinking up to 1/3 less than normal

The remedies:

Angle monitors to minimize indirect or reflective glare

Place filters on overhead lighting to diffuse the light

Dim overhead lighting if it is too bright

Arrange monitor and desk to avoid bright light sources from windows or other lighting in the line of sight when looking at your screen

Follow the 20-20-20 rule: Every 20 minutes, look away from the screen at something about 20 feet away for at least 20 seconds

Adjust the brightness and contrast of your computer monitors



To avoid Computer Vision Syndrome
place your computer screen about 20 to 28" away from the eyes with the top line of text 2-4" below eye level



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