

## Quick Daily/Weekly Topic

### **Avoiding Eye Strain-Computer Use**

#### Did you know...

- **Eye strain symptoms include headaches, tired eyes, blurred or double vision, increased sensitivity to light and difficulty focusing or refocusing between the computer monitor and other objects.**
- **The most significant factor in preventing computer related eyestrain is appropriate lighting.**
  - Use indirect lighting such as an adjustable light source at your desk to illuminate documents.
  - The light source should be behind you, coming across your shoulder and hitting the screen at right angles.
  - Avoid contrast, do not place your computer in front of a window.
  - Lower light can reduce eye strain.
  - Eliminate glare, lower light, use shades on curtains.
- **Position the monitor at a 10 to 20 degree angle below eye level to help prevent your eyes from drying as well as preventing head and neck fatigue.**
- **To help the ability to focus, keep the screen about 18-28" away.**
- **Optimize screen settings to minimize contrast and improve resolution.**

**Do stretching exercises to relieve tension in your eyes as well as in back, shoulders, neck.**

***Enable Safety - So It Won't Disable You.***