

Do you suffer from **Eye Strain** at the computer?

Symptoms: Eyestrain, which includes dry eyes, blurred vision, bloodshot eyes and sore, tired eyes



Deskercize Solutions:

1. Position the monitor 18"-28" from the eyes (approximately an arm's length away).
2. Position the monitor at a right angle to the window to minimize glare and reflection.
3. Tilt the monitor so that light sources do not reflect onto the screen.
4. Consider the use of an Anti-Glare Filter to minimize glare and reflection or a monitor hood to block out any direct light source.
5. Adjust the brightness and contrast buttons on your monitor to maximize crispness and clarity. The use of a separate Task Light will provide light where needed for reading and writing.
6. Lower the lighting level when working on the computer (approximately half of that used for reading and writing).
7. Locate documents at the same height of the monitor or in-line to the monitor to minimize eye refocusing. Consider the use of a Document Holder to position your reference material as close to the monitor screen as possible.
8. Blink frequently to moisturize the eyes.
9. Take periodic eye rest breaks such as focusing on a distant object and cupping the eyes.

20-20 RULE: When working at the computer it is a good idea to focus your eyes off the screen and on to a distant object every 20 minutes allowing the eyes to rest. Focus off the screen for approximately 20 seconds.