

6 WAYS TO REDUCE DIGITAL EYE STRAIN

Make simple changes to your workstation today to #LoveYourEyes and reduce digital eye strain.



WEAR YOUR GLASSES

If you've been advised to use prescription glasses to correct your vision, make sure you wear them as recommended. Attend your routine eye checkups and ask your eye care practitioner if you would benefit from adaptations to reduce discomfort and strain.

TAKE FREQUENT BREAKS



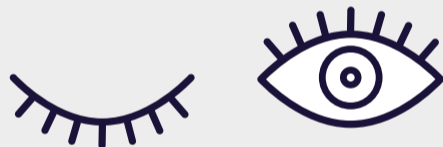
Follow THE 20-20-20 rule. Every 20 minutes, look at something 20 feet away for at least 20 seconds.

ADJUST YOUR COMPUTER SCREEN



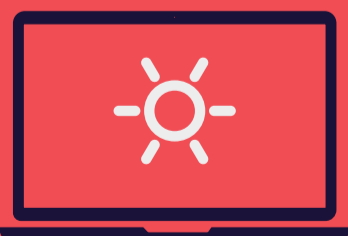
Most people benefit if the computer screen is 15 to 20 degrees below eye level (about 10cm or 12cm) as measured from the centre of the screen and 50cm to 70cm away from the eyes.

BLINK OFTEN



Train yourself to blink more often. If needed, use lubricating eyedrops to keep your eyes moist.

ADJUST SCREEN DISPLAYS



Adjust screens for your comfort. Consider adjusting brightness (which should be like your surroundings), contrast (e.g., black on a white background), colour temperature and text size.

USE PROPER LIGHTING AND MINIMIZE GLARE



Position your computer screen to avoid glare and try antiglare screens or screen protectors to avoid discomfort.

We encourage you to learn more about ergonomics from your organisations Occupational Health and Safety Officer.