



STAY HOME STAY ERGONOMIC #4

Avoiding Eye Strain/Fatigue

Video conferencing, Zoom meetings and emails...Oh My! People are talking a lot recently about eye strain and eye fatigue. With the transition to working from home and the increased use of computers for our virtual classrooms and meetings it is not unexpected that you might be feeling some eye strain and/or fatigue.

Here are the suggestions to protect your eyes:

1. Proper monitor position

Your monitor should be positioned directly in front of you to mitigate twisting. Typically, the screen is about an arm's length away – but that can depend on the size of the monitor as well. Keep the height appropriate to help avoid looking up or down at the screen. You should be looking straight out at the screen for neutral viewing. Keep the screen clean by wiping the screen occasionally for better viewing.

2. Adjust screen brightness, contrast and font size if needed

Screens that glow brighter than the surroundings force the eyes to work harder. Try to match the screen brightness to the level of the room and increase the contrast to reduce eye strain. You can also adjust the font size to help avoid eye strain. Different times of day and the weather may affect these settings, according to the American Academy of Ophthalmology.

3. Limit glare

Avoid glare from windows and lights as much as possible and use anti-glare screens when possible.

4. Exercise your eyes

Remember the 20-20-20 rule: Every 20 minutes, stop for at least 20 seconds and focus your eyes on something at least 20 feet away. This encourages the muscles in your eyes to relax and can help reduce fatigue. While exercising your eyes.... take a moment to just stand up and stretch as well.

5. Do not forget to blink

We naturally blink about every 4 seconds, but some studies indicate this can decrease by more than 50 % when staring at computer screens or other digital devices. Try to blink as often as possible, which will help keep eyes moisturized and also to avoid dry eye.



Take-A-Way Sheet

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