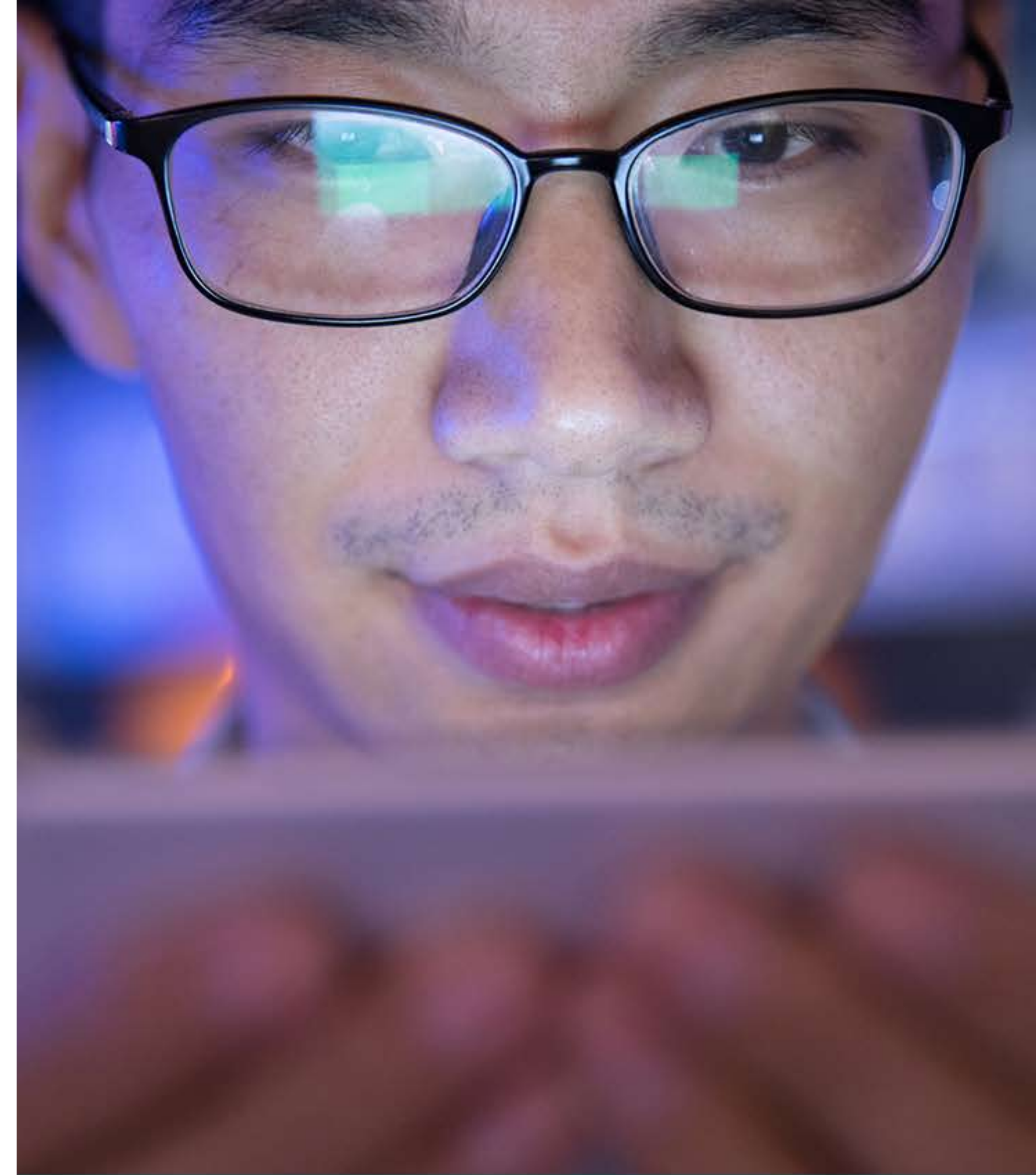


Prevent eyestrain

- Keep your screen at arm's length.
- Take a break every 20 minutes by looking at something 20 feet away for 20 seconds.
- Make sure your screen isn't too bright.



Safety+Health
The Official Magazine of the NSC Congress & Expo