What you see could hurt you

The causes of eye strain:
- Computer monitors that are hard to read
- Staring at a close, fixed object
- Glare from lighting fixtures or windows without shades
- Uncorrected vision problems
- Lack of color variety in a worker’s surroundings
- Blinking up to 1/3 less than normal

The remedies:
- Adjust the brightness and contrast of your computer monitors
- Follow the 20-20-20 rule: Every 20 minutes, look away from the screen at something about 20 feet away for at least 20 seconds
- Dim overhead lighting if it is too bright
- Place filters on overhead lighting to diffuse the light
- Angle monitors to minimize indirect or reflective glare
- Arrange monitor and desk to avoid bright light sources from windows or other lighting in the line of sight when looking at your screen
- Adjust the brightness and contrast of your computer monitors

To avoid Computer Vision Syndrome:
- Place your computer screen about 20 to 28” away from the eyes with the top line of text 2-4” below eye level

Visit nsc.org for more resources.