



Eye Health at Work

A common workplace complaint is Computer Vision Syndrome, which describes problems, such as blurred vision, dry eye, sore eyes, headaches and neck pain, that result from prolonged screen use. Practise these habits to protect your eye health:

- **Don't sit too close.** Your screen should be about 20 to 26 inches away from your face.
- **Position your screen** so that the centre of the monitor is about 4 to 8 inches below eye level.
- **Practise the 20-20-20 rule.** Every 20 minutes, look at an object at least 20 feet away for 20 seconds.
- **Remember to blink.** Your blink rate decreases when staring at your computer screen.
- **Use artificial tears.** Use over-the-counter eye drops to prevent dry eye.
- **Drink water.** Adequate hydration can make a big difference.
- **Take a break.** Rest your eyes for 15 minutes after two hours of continuous computer use.