

Did You Know...



March is Workplace Eye Wellness Month – Digital Eye Strain

One of the many negative effects of COVID -19 is the increase in digital screen time for many who have been working from home. **Digital Eye Strain is a real issue.**

Symptoms of Digital Eye Strain:

- Tired, burning or itchy eyes,
- Dry eyes,
- Blurred vision
- Headache



Tips to Reduce the Effect of Digital Eye Strain:

- Place your screen (50cm to 66cm) 20 to 26 inches away from your eyes and a little bit below eye level.
- Change your lighting to lower glare and harsh reflections. Glare filters over screens can also help.
- Ensure your chair is adjusted to a comfortable seating position.
- Choose auxiliary screens that can tilt and swivel.
- Computer glasses with yellow-tinted lenses that block blue light can help ease digital eye strain by increasing contrast.
- Anti-reflective lenses reduce glare and increase contrast and also block blue light from digital devices.
- Take frequent breaks by using the “20-20-20” rule.
 - Every 20 minutes look away from your screen and look at an object 20 feet away for at least 20 seconds.

This gives your eyes a chance to reset and replenish themselves.

- Be proactive!

Don't wait until symptoms appear before making adjustments.

