



EASING EYE STRAIN

Toolbox Talks for the members of Iowa Association of Municipal Utilities

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Eye fatigue is a common work-related complaint (50-90% of computer users) and with the use of smartphones and other devices with small screens, is not likely to go away. Research shows that people hold digital devices closer to their eyes than they hold books and newspapers because of the smaller font. This forces our eyes to work harder. According to WebMD, we also blink less when staring at a computer screen, resulting in dry, itchy eyes.

Here are some easy changes that you can make to your computer screen to prevent eye strain:

Place the screen 20-26 inches away from your eyes and a little below eye level.

Regularly clean your screen. Smudges, fingerprints and dust can create glare and reflections.

Choose screens that tilt and swivel so that you can adjust them for your comfort.

Consider using a glare filter over your screen.

Post a note that reminds you to blink more often. Blinking is nature's way of coating our eyes with moisture.

Use an adjustable chair. The height of the chair is correct when you are able to sit in the chair with your feet flat on the floor, your knees are bent at a little bit larger than a 90-degree angle and are positioned lower than your waist.



- Try the 20-20-20 rule! Every 20 minutes look away about 20 feet from you for 20 seconds.
- Take regular "mini" breaks. Stand up, move about and stretch your arms, neck, shoulders and back for 5 minutes at least 5 times a day.

Be sure to see your doctor if your eye fatigue persists despite these simple tips.