

Are you Screen Smart?

Does working at your computer screen leave you feeling goggle-eyed?



User Guide



**NATIONAL EYE
HEALTH WEEK**
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YOUR VISION MATTERS

Each of us spends an average of 2,740 hours (or three and a half months) a year staring at a screen!*

So, it's probably no surprise that 90% of computer users say they regularly suffer from screen fatigue – headaches, sore or tired eyes and problems with close-up and long-distance vision.

By being Screen Smart you can help minimise your risk of suffering visual distress and keep your eyes feeling fresh and bright.

Here are our quick tips to help minimise screen fatigue:

Take frequent breaks – give your eyes a rest by following the 20-20-20 rule.

Look away from your screen every 20 minutes, for 20 seconds and focus on objects 20 feet away!

Create an eye-friendly environment – position copy documents at roughly the same distance as your eyes are

from the screen to avoid having to continually refocus, dim the lights – the ratio of ambient (surrounding) light to monitor light should be three to one – and minimise any glare or reflections.

Customise your screen settings – position your monitor an arms length away and keep your eyes level with the top of the screen. Select a font size of 12pts or above and make sure you have a clean screen.

Keep blinking! – Your blink rate can fall by up to 400% when working at a screen.

For an instant refresh try closing your eyes and rolling your eyeball around behind the closed lid.

And, finally make sure you have regular sight tests.

For more eye health advice and information visit www.visionmatters.org.uk or follow @MyVisionMatters

* source: *Eyecare Health UK*