

# ARE YOU BEING SCREEN SMART?

Minimise your risk of eye strain and screen fatigue with these handy tips

[www.visionmatters.org.uk](http://www.visionmatters.org.uk)

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**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 24 – SUNDAY 30 SEPTEMBER 2018  
**YOUR VISION MATTERS**

# YOUR GUIDE TO BEING SCREEN SMART

**Each of us spends an average of eight hours and 41 minutes a day on digital devices\* so it's probably no surprise that 90 per cent of computer users say they 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:**

If you have been prescribed eyewear for screen (VDU) use, make sure you wear it.

**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, 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 60 per cent 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 eye tests – once every two years unless your optometrist advises otherwise.

For more information about looking after your eyes visit [www.visionmatters.org.uk](http://www.visionmatters.org.uk)

\* source: Ofcom