

### Eye Strain and Computers

Did you know that March is Eye Safety Month? Everyone uses computers at work and at home. Eyestrain, difficulty focusing and discomfort have been common in doctor's offices.

People are still using old technologies like lighting, furniture, and desk configurations that they used when they were using typewriters.

You should sit approximately 20 inches from the computer monitor with the top of the screen at or below eye level.

Choose a computer monitor that tilts or swivels, and has both contrast and brightness controls. This will help with eye strain.

As far as furniture for your working space goes, an adjustable chair is best. This is also important for eye strain.

Keep reference materials on a document holder so you don't have to keep looking back and forth. This will reduce the frequency of refocusing your eyes and turning your neck and head.

Modify lighting to eliminate reflections and glare. A hood or micromesh filter for your screen may help limit reflections and glare.

Take periodic rest breaks. And try to blink often to keep your eyes from drying out.

Get an eye exam to rule out eye diseases and ensure your prescription is correct. After adjusting, eye strain should lessen.

