Eye-Care Essentials for Computer Users

If you spend hours each day working at a computer screen, you may experience eyestrain, blurred vision, itchy eyes and occasional double vision.

But studies have found no indication that working on a computer screen causes permanent vision problems. Short-term problems, such as tired, irritated or watery eyes, do bother 70 percent to 75 percent of people who work at computers, but these problems can usually be corrected by wearing a special pair of glasses for computer work, adjusting lighting in the workplace and altering the position of the computer screen.

The following steps can reduce your eye discomfort and fatigue:

- One of the easiest ways to prevent eye fatigue and discomfort is to see a vision specialist. Minor visual problems, such as astigmatism or imbalances between the eyes, can be corrected by wearing corrective lenses which will greatly increase your comfort.

- Place the computer straight in front of you, not off to the side. Place the screen at right angles to any windows to minimize glare.

- Adjust the screen angle to minimize reflections from overhead lights or desk lamps.

- Use drapes, shades or blinds to control window lighting and glare.

- Keep the screen brightness the same or brighter than the brightness of other objects in the room. Set your computer to display black characters on a white background.

- Use an adjustable copy holder to keep reference material at the same height and distance away from you as the computer screen. This eliminates the need to change eye focus when looking from one to the other.

- Use a glare-reduction filter to enhance screen contrast and increase character legibility. Use a three-sided computer hood if glare continues to be a problem.

- Take periodic rest breaks. Every 15 minutes or so, look up and focus on a distant object for about two minutes. Blinking frequently and using artificial-tear eye drops to relieve dryness and irritation can also help.

Please contact Cascade if you would like further information.
The EAP is here to help.

CASCADE CENTERS
INCORPORATED