

Video display unit workers: give your eyes a break

VISUAL STRESS

- ⊗ **Tense posture:**
due to prolonged up-close reading on computer screens
- ⊗ **Tired/dry eyes:**
as a result of high contrast and brightness, infrequent blinking, failure to regularly look away from the screen, etc.

CAUSES AND SOLUTIONS

1. Screen settings

- ✓ **Adjust the screen brightness** to suit your surroundings



2. Prolonged screen use

- ✓ Remember to **blink** frequently to prevent dry eyes
- ✓ **Regularly look away** from the screen to give your eyes a rest

3. Workstation near window

- ✓ Make sure the window is positioned **parallel to your line of sight**
- ✓ Sit on the side of your desk that is **furthest** from the window

4. Excessive glare

- ✓ **Tilt your computer screen** to reduce glare from reflected light
- ✓ Use **window blinds**

