Spring Into Action

I Work. Therefore, Eye Strain.

Have you ever noticed during the work day that you have a headache or your eyes are tired, burning, dry or irritated? If you answered yes, you may be one of the many Americans who suffer from computer eye strain. Computer eye strain is defined as the complex of eye and vision-related problems associated with computer use. According to studies, nearly 80 percent of people who work at a computer for more than two hours a day suffer from the symptoms of computer eye strain. These symptoms include:

- Headaches
- Blurred near vision
- Blurred distance vision
- Dry/irritated eyes
- Watery eyes
- Excessive blinking

- Double vision
- "Night blindness"
- Color distortion
- Light sensitivity
- Tired or burning eyes
- Squinting

EYE OPENER

Nearly 88 percent of all computer users will develop eye problems during and related to computer use.

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The good news is that there are things you can do to make your work day more pleasant and eye strain-free. First, if you are experiencing any of the listed symptoms, be sure to make an appointment for an eye examination. There are many different options available for correcting this condition. Working with your doctor will give you a chance to find the best one for you. Some other tips to reduce symptoms are:

- Position the top of the computer monitor just below your eye level.

- Sit away from the monitor and maintain good posture while seated.

- Blink often to moisten your eyes, which will reduce eye fatigue.

- Every 20 minutes, take a 20-second break and look at something at least 20 feet away.

- If you wear glasses, talk to your eye care professional about Photochromic (sun sensitive) lenses with Anti-reflective Coating to reduce glare, eye strain and fatigue.

- Dim overhead lights directly above your computer monitor.

If you work around machinery, make sure you wear protective eyewear that meets the approval of the American National Standards Institute (ANSI). ANSI-approved eyewear will be clearly marked "ANSI Z87." More than 1,000 eye injuries occur in the work place daily, and most can be avoided if proper eye protection is worn at all times.