



Eyestrain and Headaches at Work? Easy Tips for Relief...

(ARA) - Eyestrain is a common occurrence. A typical workday for many of us involves working long hours on a computer in a brightly lit office building. As the day progresses, your eyes begin to suffer.

Eyestrain can be identified by several key signs and symptoms:

- Sore or tired eyes
- Itching or burning sensations in the eyes
- Sensitivity to light
- Dry or watery eyes
- Headaches
- Sore neck muscles
- Difficulty focusing

There are some simple steps you can take to minimize eyestrain and keep your visual system balanced while at work.



COMPUTER

Position your computer slightly below eye level. This will help minimize strain on the eyes and the neck. If your job requires you to type from copy, position the text at the same level as the screen.

Adjust the screen brightness so it is most comfortable for you. If you suffer from heavy eyestrain, remember that some computer programs allow you to switch to colors that are less intense than the common black on white programming. Choose a softer background color or even switch so that you have a black background with white text and figures.

LIGHT

Examine the lighting in your office space. Overhead lights can be harsh and often are brighter than necessary. Consider turning some of the lights off for a more comfortable lighting situation.

Another good idea is to have an adjustable shaded lamp for use in the office. Aim it where you operate your computer, but make sure it doesn't cause a reflection on the screen. Eliminate glare by tilting the computer or getting an anti-reflective screen.

REST

Throughout the day, give your eyes a chance to rest. Take several minutes every hour to look away from the computer and readjust. Consider standing up and walking around. Blink often to refresh the eyes and use artificial tear drops if necessary.