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# Eye Wellness in the Workplace



When was the last time you took a break for your eyes? Eyestrain is a common condition that occurs when your eyes get tired from intense use.<sup>1</sup> This can happen when performing tasks such as driving long distances or staring at computer screens and other digital devices.<sup>1</sup>

## Symptoms of Eyestrain Can Include...

- Sore, tired, burning or itching eyes<sup>1</sup>
- Watery or dry eyes<sup>1</sup>
- Blurred or double vision<sup>1</sup>
- Headache<sup>1</sup>
- Increased sensitivity to light ("photophobia")<sup>1</sup>
- Sore neck, shoulders or back<sup>1</sup>

## Self-Care Steps

Computer use is a common cause of eyestrain. If you work at a desk and use a computer, these self-care steps can help take some of the strain off your eyes.<sup>2</sup>



### Blink Often to Refresh Your Eyes

Blinking produces tears that moisten and refresh your eyes. Try to make it a habit to blink more often when looking at a monitor.<sup>2</sup>



### Breaks

Take frequent breaks. Practice the 20/20/20 rule. Every 20 minutes, take your eyes off your screen. Look at something 20 feet away for 20 seconds.<sup>2</sup>



### Check the Lighting and Reduce Glare

Bright lighting and too much glare can strain your eyes and make it difficult to see objects on your monitor.<sup>2</sup>



### Adjust Your Screen Settings

Enlarge the type for easier reading and adjust the contrast and brightness to a level that's comfortable for you.<sup>2</sup>



### Modify Your Workstation

Position your monitor directly in front of you about an arm's length away so that the top of the screen is at or just below eye level.<sup>2</sup>



### See an Eye Care Professional

In some cases, symptoms of eyestrain can indicate an underlying eye condition that needs treatment. See an eye doctor if your discomfort persists.<sup>2</sup>

To learn more, visit [versanthealth.com](https://www.versanthealth.com)

1. Eyestrain: Symptoms and Causes. (Sept. 15, 2022). Mayo Clinic. Retrieved April 4, 2023 from <https://www.mayoclinic.org/diseases-conditions/eyestrain/symptoms-causes/syc-20372397>
2. Eyestrain: Diagnosis and Treatment. (Sept. 15, 2022). Mayo Clinic. Retrieved April 4, 2023 from <https://www.mayoclinic.org/diseases-conditions/eyestrain/diagnosis-treatment/drc-20372403>

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