VersantHealth®

Eye wellness in the workplace

Computer vision syndrome, vision fatigue, digital eye strain. No matter what you call it, if you stare at a computer or digital device for more that a few hours a day, you are susceptible to long term vision problems.

Did you know?

- On average, people spend more than 11 hours per day on digital devices, with teens spending an average of 9 hours a day in front of a variety of screens.
- Nearsightedness has increased by 66% since the 80's.[1]
- Approximately 80% of all vision impairment is considered avoidable.

Ways to avoid computer eye strain

Blink frequently
Remember to blink when using electronic devices.

Blue light glasses
Consider computer eyewear like blue light glasses.

Modify your workstation
Adjust the brightness of your screen and make sure your desk is set up properly with your monitor at least 20–30 inches away from you.

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.

Eye exam
Get a comprehensive eye exam every 1–2 years.

Diet
Consider adding macular carotenoids such as lutein to your diet via leafy greens, eggs, and vegetables.

"1." National Eye Institute, USA

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