

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.¹ This can happen when performing tasks such as driving long distances or staring at computer screens and other digital devices.¹

Symptoms of Eyestrain Can Include...

- Sore, tired, burning or itching eyes¹
- Watery or dry eyes¹
- Blurred or double vision¹
- Headache¹
- Increased sensitivity to light ("photophobia")¹
- Sore neck, shoulders or back¹

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.²



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.²



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.²



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.²



Adjust Your Screen Settings

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



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.²



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.²

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

1. <https://www.mayoclinic.org/diseases-conditions/eyestrain/symptoms-causes/syc-20372397>

2. <https://www.mayoclinic.org/diseases-conditions/eyestrain/diagnosis-treatment/drc-20372403>

© 2025 Versant Health Holdco, Inc. ("Versant Health"). All rights reserved.