



Brenton Loose, O.D.*
Vincent Budac, O.D.
*denotes optometric corporation

2344 WESTWOOD DR.
PRINCE GEORGE, BC V2N 4H3
Tel: 250.649.2020 Fax: 250-612-3998
info@envisioneyehealthclinic.com
www.envisioneyehealthclinic.com

Visual Ergonomics 101

Here are some tips you can implement to reduce eye strain and make computer work more comfortable:

1. Position your computer monitor five to nine inches below the horizontal line of sight so that when you look straight ahead, you look just over the top of the monitor.
2. Sit far enough away that you can't touch the monitor without leaning forward. At a minimum so that you cannot put your palm on the screen. A good minimum working distance is about 50-70 cm.
3. Use an adjustable or ergonomic work station that suits your body. See diagram on back.
4. Adjust your monitor contrast and brightness to a comfortable level.
5. If you have a window, position the computer so that the window is off to the side, not directly in front of or behind the desk.
6. If you use a laptop frequently, get a separate (larger) monitor and/or keyboard to enable better working distances.
7. Implement use of prescribed office glasses (if applicable). Note: Powers will vary depending on your prescription, eye teaming and focusing (accommodative) abilities. Your abilities and visual demands are assessed during your regular eye exams.
8. Blink more! Put a note that says "blink" next to your computer screen. We tend to blink up to 30% less when reading or looking at a computer monitor. Blinking regularly will keep the surface of the eye naturally lubricated and remain comfortable.
9. Anti-reflection coatings on your lenses will help reduce eye fatigue, increase light transmittance and prevent glare from other light sources.
10. Specialized tasks specific lenses for extended computer and reading tasks can significantly increase your visual comfort and performance.
- 11. 20/20/20 RULE: Every 20 minutes, take a 20-second break and look at something at least 20 feet away.**

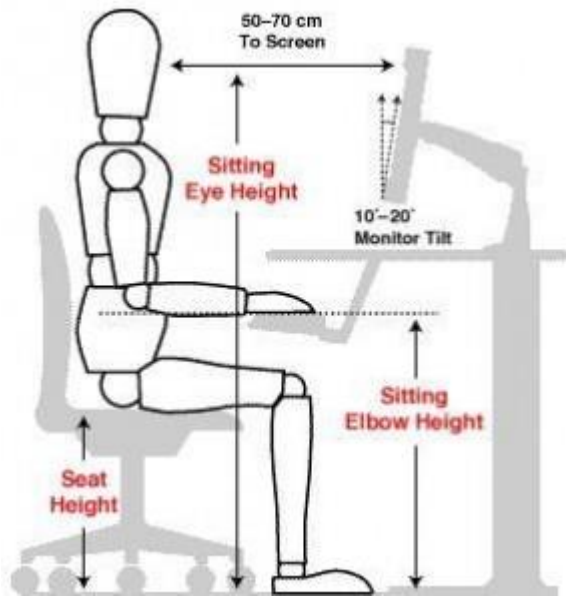


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