



DIGITAL SCREENS

include computer monitors, laptops, tablets and cell phones. People often use multiple devices throughout the day for extended periods of time. This may lead to symptoms such as eye strain, blurred vision, headaches, dry eyes, and neck/shoulder pain. Experts often refer to this as Computer Vision Syndrome or Digital Eye Strain. Are you leaning forward or slouching to see the screen? Do you find yourself looking at a screen and not blinking? Are you tilting your head up, down, or to the side when viewing a screen? Do screen images sometimes seem blurry or do you squint to see them? These may all be signs that you need to make some changes in the way you view digital screens.

TAKE ACTION NOW!

- Position the computer monitor at a comfortable height. You should be able to view the screen by looking straight ahead without tilting the head up/down, or turning to the side
- Adjust your distance to the monitor. For many people, a distance of 20"-30" or an arm's length away from the screen is best.
- Avoid glare on the screen. You may need to move away from a window or bright light. If overhead lights are reflecting on the screen, turn them off. A lamp can be used instead but should be positioned away from the screen.
- Adjust screen settings. Increase font sizes, use zoom or a magnification app, if you are squinting or leaning forward.
- Keep your head up to view a phone screen, text or type. The top of the viewing area should be about 5° below horizontal eye level with the center of the screen 25° below horizontal eye level.
- Posture is important. Align your head over shoulders. Relax the shoulders. Elbows should be close to the body.
- Exercise your eyes by following the "20-20-20 rule". Every 20 minutes, take a 20-second break to look at something 20' away.
- Drink water and remember to blink. This will keep the eyes hydrated and refreshed. It can also help avoid headaches.
- Take a break from screens. Go for a walk. Do a few gentle stretches. Talk to a co-worker or friend.

WHAT TO DO!

- Contact your medical provider if symptoms continue. An eye exam can help determine if you need vision correction, if existing eyewear or contacts need to be adjusted or if other treatment, such as eye drops, is recommended.
- Visit the UO Ergonomics webpage, safety.uoregon.edu/ergonomics, for more information and resources.



Keep your head up to view screen or text. Don't slouch or look down!



Stay hydrated and blink your eyes!



Adjust the monitor height and distance to avoid looking up/down, leaning forward, or slouching.

