



## What you should know

# Do you work on a computer all day? How to protect your eyes

Many people who work long hours in front of a computer screen have symptoms of computer vision syndrome. It is due to uncorrected vision problems which can only be found through a comprehensive vision exam.

The Occupational Safety and Health Administration (OSHA) has recommendations to set up your work space to make it safe and comfortable. These changes may help prevent or stop computer vision syndrome from affecting your life.

**Monitor distance** – The computer screen should be 20 to 28 inches from the eyes. This will let you to read the screen without leaning your head or neck to back and forth.

**Monitor position** – The computer screen should be directly in front of you and about 4 or 5 inches below eye level. You should not have to twist your head or neck to clearly see your screen.

### Symptoms of computer vision syndrome

- Dry, itchy or burning eyes
- Blurred vision up close (or in the distance after long periods of near work)
- Eye strain
- Headaches
- Aching of the neck and shoulders

**For multifocal lens wearers** – You should be able to view the screen without bending the head or neck backward. Lenses made especially for computer work may be prescribed by your eye doctor.

**Glare (for example, from windows, lights)** – If there is no way to limit glare from light sources, try a screen glare filter. You can also talk with your eye doctor about adding anti-glare lenses in your glasses. Reducing glare will make sure you can see your screen clearly and comfortably.

**Document holder** – Locate at about the same height and distance as the screen. The goal is to reduce head turning and refocusing when you look from the document to the screen.

**Lighting** – Use bright lights with a large lighted area when working with printed materials.

**Let your eyes take a break** – Try the 20/20/20 rule to reduce the chance of eyestrain during long periods of computer use. Every 20 minutes while using the computer, look 20 feet away for 20 seconds. This will give your eye focusing muscles time to rest.

**Blink** – Your eyes can become dry, itchy, or burning during computer use. Blinking often can keep the front surface of your eyes from drying out. Your eye doctor may also suggest artificial tear drops.

For most of us, computers and screen time are a part of our daily life. It's important to avoid computer vision syndrome. If you have any symptoms, talk with your doctor.

### Causes of computer vision syndrome

- Uncorrected vision problems
- Improper lighting
- Glare on the computer screen
- Incorrect distance from or position of screen
- Poor seating posture

Eye doctors can help with your eye computer vision syndrome problems and coordinate with your primary doctor if other problems are found during your exam. Get an annual eye exam to see your way to better overall health!



Sources: [www.aoa.org](http://www.aoa.org), [www.osha.gov](http://www.osha.gov)

Spectera vision coverage provided by or through UnitedHealthcare Insurance Company, located in Hartford, Connecticut, UnitedHealthcare Insurance Company of New York, located in Islandia, New York, or their affiliates. Administrative services provided by Spectera, Inc., United HealthCare Services, Inc. or their affiliates. Plans sold in Texas use policy form number VPOL.06.TX or VPOL.13.TX and associated COC form number VCOC.INT.06.TX or VCOC.CER.13.TX. Plans sold in Virginia use policy form number VPOL.06.VA or VPOL.13.VA and associated COC form number VCOC.INT.06.VA or VCOC.CER.13.VA..