

Safety Tip - Protect Your Eyes

Computer Vision Syndrome (CVS)

Optometrists call it Computer Vision Syndrome (CVS). The tired feeling your eyes get when you've been at the computer for too long. Studies show that 50% - 90% of computer users experience the symptoms of CVS. Several factors contribute to CVS.

When you're staring at a screen you blink less: four times a minute compared to the normal 12 times a minute. That causes your eyes to dry out. Try to blink more often when you're working and take regular blink breaks to moisten your eyes.

Another CVS prevention technique is to exercise your eyes regularly. While you're taking those breaks, stretch your eye muscles. When you start at a computer monitor your eyes stay at a fixed focal length, tiring the muscles. To reinvigorate your vision focus at a distance, maybe outside a window, then close up, maybe your nose, a few times. Also, shut your eyes and cover them with your hands to create darkness. This is soothing to your eyes.

Glare on your computer screen can really bother your eyes. Computers should never be lit from behind you. Place lighting sources behind the monitor, or use indirect lighting.

Never sit too close to your screen. Keep it at arms length. If you can't stretch out your arm in front of you without hitting your screen, you're too close.

For more good advice, and a CVS test for your workstation, visit DR. Ergo at:

<http://www.doctorergo.com>