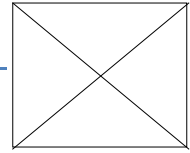


Computers and Your Eyes



Here are a few common questions that office workers may have related to eye safety:

Can looking at computer screens damage my eyes?

No. While complaints of eye fatigue and discomfort are common among computer users, these symptoms are not caused by the computer screen itself. Computer screens give off little or no harmful radiation (such as x-rays or UV rays).

Can looking at a computer screen cause eyestrain?

Fatigue, bad lighting, dry eyes, or how you sit in front of the computer can cause eyestrain. Symptoms of eyestrain include sore or irritated eyes and difficulty focusing. You may also have symptoms of eyestrain if you need glasses or a change in your glasses.

What can I do to prevent eyestrain?

You can help prevent eyestrain by making changes to your computer workspace and by visiting your eye doctor. Here are a few suggestions on how to make your workspace more comfortable:

- *Place your screen 20 to 26 inches away (or about an arm's length) from your eyes and a little bit below eye level.*
- *Use a document holder placed next to your computer screen. It should be close enough so you don't have to swing your head back and forth or constantly change your eye focus.*
- *Change your lighting to lower glare and harsh reflections.*
- *Glare filters over your computer screen can also help.*
- *Get a chair you can adjust.*
- *Choose screens that can tilt and swivel. A keyboard that you can adjust may also be helpful.*

Source: The Vision Learning Center, Prevent Blindness America, 2005.