NIS National Insurance Services

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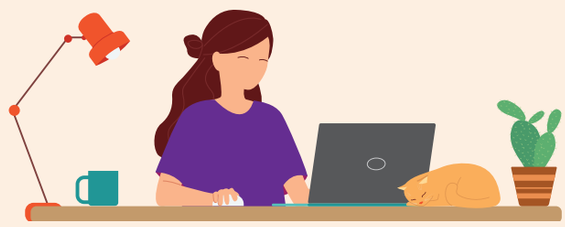
Combating Eye Strain from Remote Work

Working from home has its advantages but as a result, many employees report working even more in front of their computer screen. Staring at the brightly lit screen for too long may cause sore, tired, or dry eyes, blurred or double vision, difficulty focusing, or increased sensitivity to light.

Here Are Some Ways to Help Reduce Eye Strain:

Practice the 20-20-20 rule. It's a good idea to look away from your computer screen every 20 minutes at something 20 feet away for at least 20 seconds.

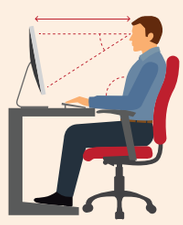


Blink regularly. Your eyes may feel dry if you forget to blink. Blue light exposure can cause people to stop blinking while using screens.

Increase font size. If you feel that you are straining your eyes to read, increase the text size on-screen.

Reduce glare. Try turning down your monitor's brightness and clean the screen regularly. Dust can increase glare.

Dim lighting. If possible, dim any competing light in the room. Try to configure your workplace away from front- or back-facing windows. If that's not possible, consider applying a removeable anti-glare filter on your screen to reduce sunlight glare.



Pay attention to ergonomics. Your computer screen should be in front of your face, just below eye level and an arm's length away.

Wear computer glasses. Blue-light-blocking computer glasses can filter the light from your screen, reducing eye strain.

If you're experiencing symptoms of eye strain and at-home adjustments aren't working, consult with your eye doctor.

Source: Zywave, Inc.

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