



Eye Strain Safety Talk

After focusing on the same task for an extended period or spending too much time staring at a computer or phone screen, you may have felt your eyes become tired or irritated. This is because the amount of time you spend focusing your eyes on one thing, such as driving, working on the computer, or fine detail tasks without a break, can lead to eye strain.

Eye strain can be uncomfortable and aggravating, but your eyes will recover on their own by resting and changing your behaviors in most cases. In some instances where eye strain symptoms do not subside, this can indicate something more severe, and you should seek medical attention.

Symptoms of Eye Strain

Blurry vision	Back, neck, or shoulder pain or strain
Headache	Irritated eyes that may feel dry or be red
Difficulty concentrating	Feeling like you cannot keep your eyes open

Common Causes for Eye Strain

- Frequent and prolonged use of digital screens for several hours at a time.
- Working in an inadequately lit environment. This includes work areas that are too dim or too bright.
- Working on a single task for an extended period, such as driving or painting.
- Working in an area with a fan, heater, or air conditioner.
- Having other eye problems, such as dry eyes or uncorrected vision.
- Being tired or stressed.

Tips to Prevent Eye Strain

- Use the 20/20/20 Rule - Take a break from your task every 20 minutes by looking at something 20 feet away for 20 seconds. While it sounds simple, this will allow your eyes time to rest and relax.
- Fix Your Lighting - When intensely focusing on something such as painting or reading, light should come from behind you. Adjust the lighting in areas that are too dim or too bright to help reduce the likelihood of eye strain.
- Blink Frequently - To help keep the surface of your eyes lubricated naturally, make a conscious effort to blink as often as possible. Making yourself a note in your work area can help with this tip.
- Avoid Dry Eyes - Using artificial tears to refresh your eyes when they feel dry can help prevent eye strain. If you are working in a dry and warm area, consider using a humidifier to add moisture to the air.
- Adjust Your Workstation - While working on a computer or phone, keep the screen about arm's length away. The screen should also be at the level of your eyes or just below them.

