WHAT YOU SEE COULD HURT YOU

THE CAUSES OF EYE STRAIN:

- COMPUTER MONITORS that are hard to read
- STARING at a close, fixed object
- GLARE from lighting fixtures without shades
- UNCORRECTED vision problems
- LACK OF COLOR VARIETY in a worker’s surroundings

THE REMEDIES:

- DIM OVERHEAD LIGHTING if it is too bright
- ANGLE MONITORS away from lights and windows
- PLACE FILTERS on overhead lighting to diffuse the light
- ADJUST the brightness and contrast of your computer monitors
- LOOK AWAY from your computer monitor every few minutes

To Avoid Computer Vision Syndrome
PLACE YOUR COMPUTER SCREEN ABOUT 4 OR 5 INCHES BELOW EYE LEVEL AND 20 TO 28 INCHES AWAY.

For more information on this and other safety topics, please log on to the member-exclusive website at nsc.org.