

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:

ANGLE MONITORS
away from lights
and windows

PLACE FILTERS
on overhead
lighting to diffuse
the light

**DIM OVERHEAD
LIGHTING** if it
is too bright

LOOK AWAY
from your computer
monitor every
few minutes

ADJUST the
brightness and
contrast of
your computer
monitors

20-28 INCHES

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.

