

Eyestrain is the number one complaint in office jobs. Computer users are particularly susceptible to eyestrain. In fact, the more time you spend in front of a computer monitor, the higher the likelihood of irritating your eyes.

Eyestrain may be relieved by applying ergonomic solutions: that is, by adjusting your work environment to fit your body to make you more comfortable and reduce stress and strain. If you spend long hours using a computer and are experiencing eyestrain, you may find relief by taking these steps:

Tone: Parody/Actuality

Key Training Points:

- Adjust your computer monitor so the viewing distance is between 18 and 30 inches.
- Adjust your computer monitor so the top of the screen is at or just below eye level.
- Reduce screen glare by rearranging lighting, closing blinds, or using an anti-glare screen.
- Refocus your eyes periodically. Look away from your computer screen every 10 to 15 minutes and focus for 5 to 10 seconds on a distant object; preferably outside and down a hallway.
- Be alert for symptoms of eyestrain. These may include blurred vision, difficulty focusing, irritation of the eyes and headaches.
- Make sure you have periodic eye exams.

Answers: 1. A, 2. C, 3. D 4. B, 5. D