

MCLB ALBANY SAFETYGRAM

National Eye Health & Safety Month (BLUE LIGHT)



Blue light is a type of light which has a shorter wavelength and more energy than other types of light. Blue light emitted by several sources such as the sun, CFL bulbs, and digital screens such as smart phones, tablets, LED TVs, and computer displays. Although blue light exposure that you get from digital screens is small compared to the amount of exposure from the sun, there is still concern over the long-term effects of blue light exposure because of the close proximity to the digital screens and the length of time spent looking at them. According to a recent National Eye Institute funded study, children's eyes absorb more blue light than adults from digital screens. Here are some of the symptoms due to excessive amount of blue light:

Eye Strain: "Excessive blue light exposure has been linked to eye strain, fatigue, and headaches," explains Dr. Amanda Rights, an optometrist and brand ambassador for Transitions Lenses. One recent survey from The Vision Council found that nine percent of parents reported that their kids who spent two or more hours looking at digital screens experienced frequent eye strain and headaches.



Dry Eyes: According to a study published in the journal Optometry and Vision Science, blue light emitted from digital screens is proven to dry out the eyes of users by decreasing a person's blink rate and therefore leaving the eyes without the required "tear film" to prevent irritation.



Vision Impairment / Vision Loss: Too much time daily in front of digital screens (emitting blue light) will lead to the requirement to wear prescribed glasses to correct vision and over time may lead to visual disorders such as macular degeneration and others.



What can you do to protect your eyes from blue light?

If constant exposure to Blue Light from digital screens is an issue, there are a few ways to decrease exposure to Blue Light:

1. Decrease the total amount of time spent in front of digital screens.
2. Take frequent breaks to give your eyes rest. Remember '20-20-20': Every 20 minutes, look away from the screen and focus on an object approximately 20 feet away, for at least 20 seconds.
3. Add screen filters available for smart phones, tablets, and computer screens. They decrease the amount of blue light given off from these devices that could reach the retina in our eyes.

For more information, copy and paste in your browser: <https://www.preventblindness.org>



Risk Management 639-5249
Prepared by: Juan Escovar

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