

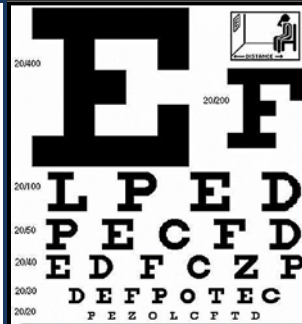
# MCLB ALBANY SAFETYGRAM

## 2020 AND DIGITAL EYE STRAIN

Digital Eye Strain (also known as Computer Vision Syndrome, or CVS) is currently the most common, computer related *repetitive strain* type of injury, and is caused by over-use of digital screens. According to the World Health Organization (W.H.O.), approximately 2.2 billion people across the globe have some type of vision impairment. 1 billion of those are due to unaddressed, preventable vision impairment causes. With proper information and action, Digital Eye Strain does not have to be one of those causes, and we can prevent eye damage at work and home to preserve normal vision.



**What is Normal Vision?** Normal vision also known as 20/20 vision, is a term used to express visual acuity (the clarity or sharpness of vision) measured at a distance of 20 feet. If you have 20/20 vision, you can see clearly at 20 feet what should normally be seen at that distance. This is measured in a Snellen chart (right picture), with letters 9 mm in size.



Digital Eye Strain symptoms include:

- Dryness
- Irritation
- Blurriness
- Headaches
- Redness
- Requirement of prescription



### To Prevent Digital Eye Strain, Practice the 20 /20/ 20 Rule

For every **20** minutes spent looking at a digital screen, look at something else **20** feet away, for approximately **20** seconds.



Additional actions to the 20/20/20 rule to prevent digital eye strain include:

- Adjust lighting conditions around the screen.
- Minimize glare produced by other light sources.
- Adjust sharpness settings in your screen.
- Retain moisture in your eyes by blinking more often.

For more information, copy and paste the links below in the browser of your choice:

[https://www.who.int/health-topics/blindness-and-vision-loss#tab=tab\\_1](https://www.who.int/health-topics/blindness-and-vision-loss#tab=tab_1) & <https://www.preventblindness.org/computers-and-your-eyes>



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