5 Things You Can Do This Week!

Keep your eyes on ergonomics!

1. Performing prolonged computer work? Force yourself to yawn. This moistens your eyes and reduces tension by relaxing your facial muscles.

2. Use the 20-20-20 Rule. When working on the computer, take a break every 20 minutes and look at an object at least 20 feet away for at least 20 seconds.

3. Do not place a computer monitor directly in front of a window. Sunlight entering the window coupled with looking at the monitor places a lot of strain on the eyes.

4. Use eye drops to prevent your eyes from drying out when using the computer.

5. The top of computer monitor should be eye level. Monitors positioned an inch or more higher than eye level are associated with neck pain.

Sources:
2. "Ergonomics" OSHA Hospital e-Tool Online. April 2008