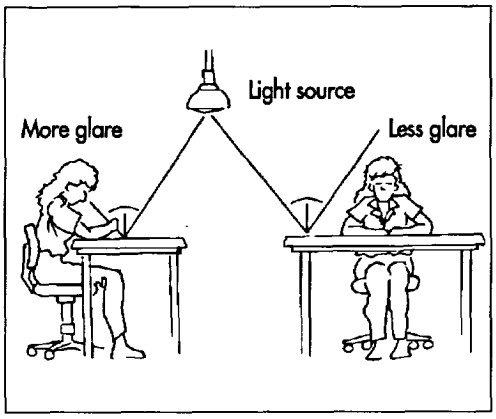

Arrange your furniture so that the light source is beside rather than in front of you. Light will then be directed across the worksurface rather than into your eyes. It will also help by placing your desk so that the VDT faces a uniform and balanced lighting area.

Another way to block offending light sources but still keep the general view and daylight is with wall partitions or hanging baffles. You can use low partitions (1.4 m) lined along exterior walls to block the direct view of windows that may be sources of glare. If glare cannot be eliminated by other means, cover VDT screens with suitable filters and antiglare screens, and cover windows or skylights with blinds. Use grid or parabolic filters on fluorescent fixtures to evenly disperse light.

Another problem is flickering fluorescent lights. Ask that they be replaced.

If you face a long period at working on your computer, look away frequently from the screen to rest your eyes.