

Visual Demands and Eyestrain

The visual demands of VDT work are:

- ◆ Incorrect viewing distance
- ◆ Focusing for extended periods
- ◆ Lighting, screen glare and flicker
- ◆ Inappropriate corrective eye wear
- ◆ Uncorrected eye problems



Signs and symptoms include:

- ◆ Eye soreness, irritation and dryness
- ◆ Blurred vision and difficulty focusing
- ◆ Headaches

Tips for Eye Comfort

- ◆ Place screen at arms length and at eye height
- ◆ Place document holder beside the screen
- ◆ Keep display screen free of glare and dust
- ◆ Wear appropriate corrective eye wear
- ◆ Have regular eye examinations
- ◆ Remember to blink to keep eyes moist

Take vision breaks by performing the following eye exercises:

- ◆ Cup palms over the eyes for one minute. Repeat three times
- ◆ Focus on distant objects, then on a close object. Repeat three times
- ◆ Roll eyes in circles, then up and down. Repeat three times