GOOD ERGONOMICS & SAFETY FOR COMPUTER WORKSTATION USERS INVOLVES FREQUENT STRETCH BREAKS. COMPUTER USERS MUST ALSO PROVIDE BREAKS FOR THEIR EYES. COMPUTER USERS CAN STARE AT A COMPUTER MONITOR FOR 8 OR MORE HOURS EACH DAY. THIS CONTINUOUS GAZE AT THE COMPUTER MONITOR CAN RESULT IN EYE STRAIN, HEADACHES, BLURRED VISION, DOUBLE VISION AND DRY EYES. USE THE 20-20-20 RULE TO HELP PREVENT EYE STRAIN. REVIEW THESE TIPS WITH COMPUTER USERS.

WORKSAFE TIPS

WHAT IS THE 20-20-20 RULE?

Every 20 minutes, look at an object 20 feet or more away for 20 seconds.

- Stare at that object 20 feet away for the full 20 seconds – it takes the full 20 seconds for the eyes to relax.
- This is a rest break for the eyes.
- Get up, stretch & drink water.
- Water helps keep the body & eye tissues hydrated.
- If you can’t leave your workstation, just make a point to look out the window. This helps keep eye tissues flexible & oxygenated.
- Also, keep the screen clean. Fingerprints & dust can actually cause more stress to already strained eyes.

Take a look outdoors & get fresh air. This activity helps keep tissues in the eyes flexible, oxygenated & healthy.

- Drink water often. This keeps the body, and eyes, hydrated & healthy.
- Computer users blink often when working. Eventually, tear ducts dry up, resulting in dry corneas.
- A dry cornea can cause blurred vision and dry eyes.
- Stay away from drinks with excessive sugar or caffeine, as these substances can dehydrate the body.
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