

Break Time: 5 Tips to Prevent Digital Eye Strain

Staring at screens is a virtually unavoidable part of working in the modern era, but keeping your eyes locked on a device all day can hurt your vision.

It's true: Computer vision syndrome is a legitimate health concern. Computer vision syndrome refers to a group of disorders caused by staring at digital screens, such as computers, smartphones and tablets. This can cause dry eyes, blurry vision and eye strain, which can even lead to headaches and pain in the neck and shoulders.

As an employer, it's important to support the health and wellness of your employees. You may not be able to remove computers and smartphones from your business, but you can help your employees use their devices in a healthier way.

5 Tips to Ease the Screen Strain

Share these tips with your employees to give their eyes a well deserved break.

1. Every 20 minutes, take a one-minute break to look at anything but a screen. Set a reminder to ensure too much time doesn't pass.
2. Sit two feet back from the computer screen and place your monitor so the center of the screen is about five inches below eye level.
3. Apply an inexpensive filter screen on your device to cut down the glare.
4. Soften office lighting by using lower wattage bulbs in desk lamps and pulling down window shades during high-sun times.
5. Don't forget to blink! Blinking is among the very best ways to prevent the eyes from getting too dry.

What If Eye Problems Don't Go Away?

These tips will usually provide instant relief from digital strain to employees' eyes, but if vision problems stick around, it's time to schedule an appointment with an eye care professional.

DeltaVision® offers a wide network of eye specialists who can help get to the root of the problem and get your employees seeing clearly and comfortably. Delta Dental's Find a Provider tool has links to DeltaVision providers by plan, or employees can give us a call at the number on the back of their member ID card if they need a break from the screen.

SOURCES:

<https://www.health.harvard.edu/diseases-and-conditions/electronic-screen-alert-avoid-this-vision-risk>, 2017

<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?sso=y>, Accessed in 2022