Do you spend most of your time at work in front of a computer monitor? You may be at risk for eye strain – even at home!

Eye Strain Causes

- **Position:** Monitors placed too close, too far away, or at an angle to your field of vision, makes it difficult to focus.

- **Brightness:** Screens that are too bright or too dim, and high/low contrast images and text, can lead to eye fatigue and dryness!

Solutions

Follow ergonomic best practices when positioning your computer screen:

- **Height:** Your eye level falls within 2" – 3" of the top of the screen.

- **Distance:** The screen should be 16" – 28" away from your eyes.

- **Position:** Place your primary monitor directly in front of you.

- **Lighting:** Position your monitors perpendicular to the strongest source of natural light (check for bright windows). Ensure any artificial light sources are overhead or to the side of monitors.

- Be sure to adjust your monitor's brightness and contrast to a comfortable level for your home office.

- Remember to take breaks. This allows your eyes to focus on other objects vs. your monitor screen.

- Break up long periods of computer work with other duties. This may be hard when working from home, but consider conducting regular phone calls and other work tasks not requiring your computer screen.