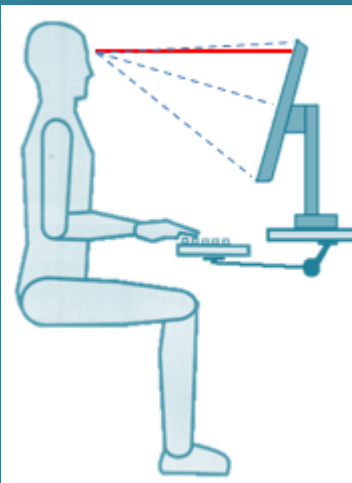


Eye Exercises

Daily Routine to Prevent Digital Eye Strain

The American Academy of Ophthalmology (the Eye M.D.s Association) alerts computer users about eye strain and dry eye. While computer monitors and electronic devices are not known to damage vision, eye strain and dry eye are common from repetitive and over use, but this can be prevented.

- ✓ Follow these daily practices
- ✓ Pay attention to how your body feels. If eye, neck, head or shoulder pain:
 1. Adjust your monitor so top of screen is at or below eye level
 2. Sit one arm length away from monitor



Daily Practices

Eye Comfort Exercises

1. Blinking (produces tears to help moisten and lubricate the eyes)
2. Yawning (produces tears to help moisten and lubricate the eyes)
3. Expose eyes to natural light (looking out window)

Palming Over Eyes

1. While seated, support elbows on desk edge
2. Let weight fall forward
3. Cup hands over eyes
4. Close eyes
5. Inhale slowly through nose and hold for 4 seconds
6. Continue deep breathing for 15-30 seconds

Eye Movements

1. Close eyes
2. Slowly and gently move eyes up to the ceiling, then slowly down to the floor
3. Repeat 3 times
4. Close eyes
5. Slowly and gently move eyes to the left, then slowly to the right
6. Repeat 3 times

Focus Change

1. Hold one finger a few inches away from your eyes
2. Focus on your finger
3. Slowly move your finger away
4. Focus far into the distance behind finger, then back
5. Slowly bring your finger a few inches from eyes
6. Focus on something about 20 feet (6 meters) away for about 20 seconds
7. Repeat 3 times

Note: This information is not intended as a substitute for medical professional advice rather to be used as an aid to help reduce the risk eye strain. An eyes doctor should always be consulted for vision problems.

Source: Office of Research Services, Division of Safety, National Institutes of Health



ProCarSeatSafety.com/workplace.html