



Working from home and EYE strain

Keeping your eyes comfortable

UTS Orthoptics



Working from home and EYE strain

Do you have

Dry, red or watery eyes?



Difficulty with your glasses?

Eye strain and / or visual fatigue when using devices?

Uncomfortable eyes, brow discomfort or headaches?

Difficulty focusing, blurred or double vision?



Working from home and EYE strain

Why does this happen?

Dry, red or watery eyes

A reduced blink rate or the presence of poor quality tears affects the integrity of the front surface of the eyes (cornea and conjunctiva)

Environmental factors such as air conditioning, UV exposure and humidity can also contribute.



Difficulty with your glasses

Ergonomics of the home office can vary to work environments. Screens can be closer or further away for your home or office environments.

Glasses used for driving or just reading may have the wrong focal point for computer use and can compromise eye comfort or your posture.

Glasses may need updating especially if they are not a recent prescription.

Eye strain and / or visual fatigue when using devices

Long periods on devices results in a significant reduction in blink rate causing the dryness and feeling of visual fatigue.

Exerting a fixed focus for long periods may exacerbate visual symptoms.

Uncomfortable eyes, brow discomfort or headaches

Prolonged demand on the visual system can result in these symptoms especially when eyes are focused at the same distance for long periods of time.

There are 6 muscles around each eye that control movement plus those that focus inside the eye. Like any muscles, overuse can cause discomfort.

Difficulty focusing, blurred or double vision

Eye muscles can fatigue and create focussing issues, as well as stress the binocular control of the eyes. Poor focusing can cause blurred or double vision.

Keeping the eyes in a near position for long periods of time fatigues eye muscles and can compromise the use of both eyes together.

Other causes may include poor tear film on the eye surface as well as not having the correct glasses script.



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What can you do?

Dry, red or watery eyes

Consciously increase your blink rate routinely to replenish your tear film*

If required use lubricant eye drops recommended by your health care professional to promote ocular surface stability.



Difficulty with your glasses

Find a suitable screen distance for your device and glasses.

If you wear glasses for reading, your device may be at a different distance to near work. Your glasses may need adjustment.

If you do not have glasses or already depend on glasses and are still struggling with your vision, then an eye test is recommended.

Eye strain and / or visual fatigue when using devices

Take regular eye breaks or close your eyes.

Regularly take a break from your device – it will help to normalize your blink rate as well as having other health benefits.

Remember to BLINK or close your eyes. You may find lubricant eye drops useful or place a sticky note on your computer reminding you to BLINK!*

Uncomfortable eyes, brow discomfort or headaches

Again, take regular breaks.

Change your focus by looking into the distance, best out a window.

Make sure your eye posture ** and distance from screens are correctly adjusted***

Difficulty focusing, blurred or double vision

If you are experiencing these symptoms, you may need orthoptic exercises to help strengthen your eye muscles and train your binocular vision control.

Make sure your eyes and vision are checked regularly.

Dry eyes can also cause blur, so BLINK*.

*Blink often **Eye Posture ***Computer Adjustments & Lighting
(Found on next page)



Eye Health Tips for when working on devices

BLINK OFTEN*

Computer users blink less - on average, blink rates are 15-20 x per min but when on devices it drops to 5-7 times

Blinking helps to keep eyes lubricated & maintain a smooth refractive surface to aid clear vision.

EYE POSTURE**

Eyes should be in the slightly looking down position to your screen

Depending on glasses needed, be mindful of the position you need to keep your head and neck in to see clearly

COMPUTER ADJUSTMENTS***

Change font size and style (preferably san serif)

Adjust size of your screen view (change magnification)

Turn brightness down but do not compromise on contrast

LIGHTING***

Good lighting is essential

Anti-reflective coatings on your glasses can cut down glare

Turn computer screen brightness down but do not compromise on contrast from 100% black in white.

Minimise reflections from nearby windows.

Eye Health Tips for when working on devices

THE 20/20/20 RULE

Every 20 minutes, close eyes for 20 seconds and look approximately 20 feet away (6mtrs)

<https://www.aao.org/eye-health/tips-prevention/computer-usage>

TAKE A BREAK | LOOK AWAY | RE-FOCUS

Ensure to look away from your screen, move your eyes around to the left, right, up and down, and most importantly relocate your focus away from the screen to something at least 6m away or to the other side of your room. Taking time to gaze out the window is even better.

NEED AN EYE CHECK?



If you have noted a difference in vision, are displaying visual symptoms and problems when on computers or devices, then an eye test or check up may be necessary



USEFUL LINK

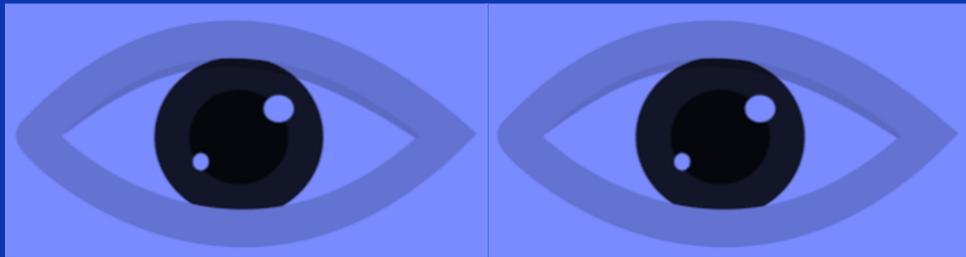
How to wear a mask properly and tips on not fogging your glasses

<https://www.aao.org/eye-health/tips-prevention/face-mask-foggy-glasses-coronavirus-covid>



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