SPOTLIGHT: Eye Health

PY 2020

Protect your eyes with these quick tips:

Adjust the display settings of your computer to reduce eye strain and fatigue.

Generally, the following adjustments are beneficial:

- Brightness
- Text size and contrast
- Color temperature

Blink more often to prevent dryness and irritation. When working at a computer, people blink less frequently — about **one-third** as often as they normally do.

Exercise your eyes by taking frequent breaks and utilizing our eye injury prevention tip!

For more information contact your local Ergonomist.

Fun Fact: "20/20 Vision" does not equal perfect vision. It simply means that you can see 20 feet in front of you as well as the average person can.

Eye Injury Prevention Tip

EVERY **20** MINUTES look at something **20** FEET AWAY for **20** SECONDS TO PREVENT EYE STRAIN.

Ask an Ergonomist:

How can I position my computer for optimum eye health?

"Adjust the computer screen so eye level is 2-to-3 inches below the TOP of the monitor. If you wear bifocals, lower screen slightly. Position the monitor at a comfortable viewing distance—usually around an arm's length from your body"

SPOTLIGHT: Hand/Wrist Health

2021

Fun Fact: There are 27 bones, 29 joints and at least 123 named ligaments in the human hand!

Protect your hand/wrists with these quick tips:

- Adjust the tilt on the keyboard and mouse tray away from you slightly for better wrist posture.

- Type and mouse with upper arms relaxed and close to the body.

- Don't lean on the wrist rests (*unless you're resting).*

Take a microbreak:

Hold your arms out in front of you, palms down. Slowly raise and lower your hands at the wrists to stretch muscles in your forearms.

Make tight fists—hold for 1 second—then spread your fingers as far apart as your can for 5 seconds. Relax. Repeat several times.

For more information contact you local Ergonomist.

Hand/Wrist Injury Prevention Tip
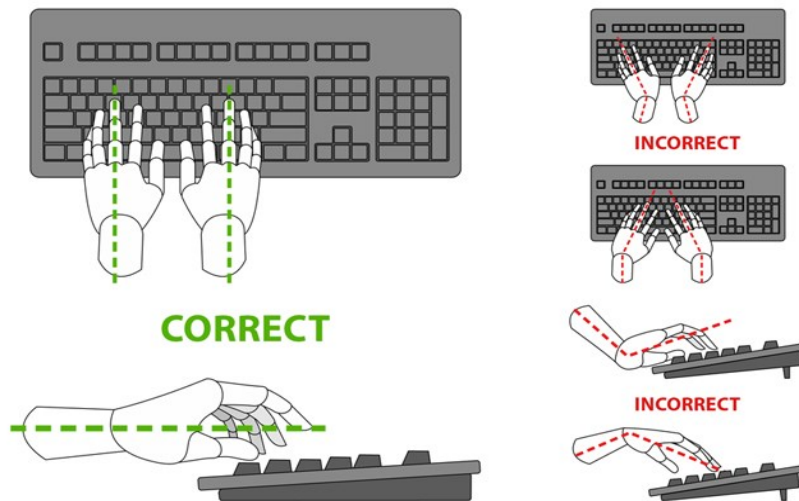
Ask an Ergonomist:

What can I do to reduce my risk of harm while typing?

"Try not to pound the keys! All it takes is a feather-light fingertip touch – especially with your 'click' finger"