THE FIVE-MINUTE CHECK

Your workplace computer, alignment of your desk, chair and lighting have a huge impact on how your eyes function and if you're not careful can result in eye strain, headaches, and long-term damage. If your work demands spending hours in front of a screen, do this 5-minute check to prevent digital eye strain, protect your eye health and optimize your workplace productivity.

- ☐ My chair supports my entire body, and my feet are adequately rested on the floor.
- ☐ My monitor is slightly below eye level, helping my eyes to look downward. Note that the recommended placement is 15-20 degrees below eye level.
- ☐ My screen is 50-66 cm away from my eyes.
- ☐ My screen can tilt and swivel and has inbuilt glare filters.
- ☐ My screen is tilted 10° to 20° away from me.
- ☐ My screen is positioned away from glare of any lighting or windows.
- ☐ My room is well lit.
- ☐ My screen is dust free.
- ☐ My blue light glasses are within reach.
- ☐ I have increased fonts and zoomed in to avoid bending or moving closer to my screen.



If things aren't clear, or your eyes feel strained visit your eye care professional. Clear vision could help improve your productivity by 22%!

If you need support to achieve the above, write to your employer and ask that you are provided with occupational health and safety to protect your vision.

YOUR EYES AT WORK

IAPB