



OPTICA MACHIN ENGLISH OPTICIAN

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ADVICE ON COMPUTER USE

At the moment, we are being asked to use computers far more especially now as we are in lockdown.

I have been asked to give a few notes of advice to try and alleviate issues such as [Computer Vision Syndrome](#) or [Digital Eye Strain](#). Many individuals experience eye discomfort and vision problems when viewing digital screens for extended periods. The level of discomfort appears to increase with the amount of digital screen use and with users on screens for 7 hours plus per day & little time outside then [Digital Eye Strain](#) may increase.

The symptoms may be:

- headaches
- blurred vision
- dry eyes
- neck and shoulder pain

These can be caused by:

- poor lighting
- glare on a digital screen
- improper viewing distances
- poor seating posture
- uncorrected vision problems
- a combination of these factors

Viewing a computer or digital screen is different than reading a printed page. Often the letters on the computer or handheld device are not as precise or sharply defined, the level of contrast of the letters to the background can be reduced, and the presence of glare and reflections on the screen may make viewing difficult.

Viewing distances and angles used for this type of work are also often different from those commonly used for other reading or writing tasks. As a result, the eye focusing and eye movement requirements for digital screen viewing can place additional demands on the visual system.

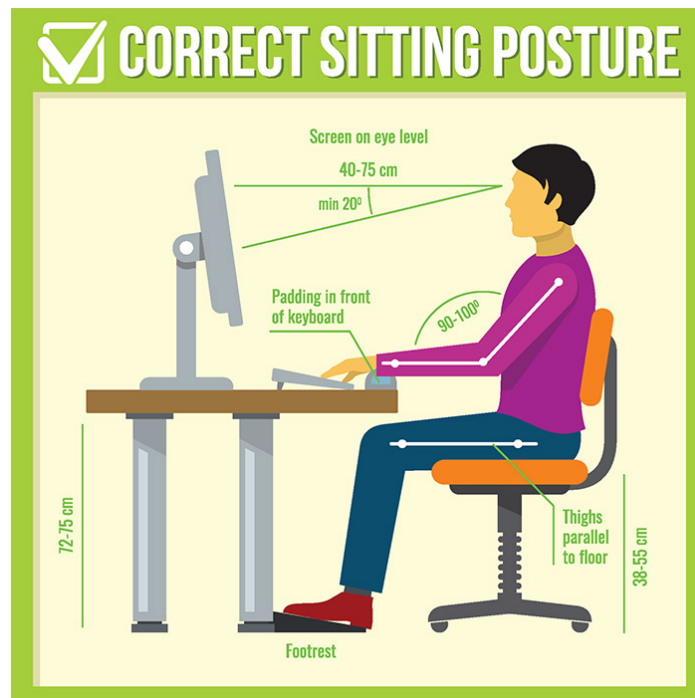


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To combat these issues, it is important that a good, comfortable working area is established.

1. A comfortable desk and chair to work in.
2. A working distance of around 60-70cms from the eye to the screen.
3. screen to be set at eye level or slightly below
4. The lighting is adequate and there is no glare on the screen



- **Rest breaks** - To prevent eyestrain, try to rest your eyes when using the computer for long periods. Rest your eyes for 15 minutes after two hours of continuous computer use. Also, for every 20 minutes of computer viewing, look into the distance around 20 meters for 20 seconds to allow your eyes a chance to refocus.
- **Blinking** - To minimize your chances of developing dry eye when using a computer, make an effort to blink frequently. Blinking keeps the front surface of your eye moist.



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Teachers can help children in this by reminding them to look away from their screens. It may help also to ask them to move about every so often. Jumping up and down, waving their arms or a few dance moves!

In some cases, children who are being home schooled, may well be using small mobile phone screens. If possible see if the phones can be connected to a larger screen or even the television so that they are able to work at a longer distance.

Myopia is, in part, something a child inherits from his parents. But myopia can also develop from pollution in the environment or from stress on the eyes. Spending long hours reading, doing close work like embroidery, or working at a computer screen, are examples of activities that stress the eyes, and may cause or worsen nearsightedness.

Regular eye examinations and proper viewing habits can help to prevent or reduce the development of the symptoms associated with Computer Vision Syndrome.

Hopefully, we will be back offering these services continue with these after this crisis! In the meantime, we are available for further advice by phone or email.

Stay healthy! With best wishes

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