

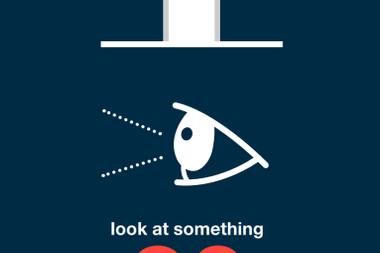
# Eye health



## Top tips for computer users

### ADVICE FOR INDIVIDUALS + REMINDERS FOR EMPLOYERS

If screens are part of your day, explore these important health and comfort tips for your eyes and overall health.



At least every

# 20

minutes



look at something

# 20

metres away



for

# 20

seconds

### Why?



- Taking frequent breaks from the screen can help to avoid tired eyes and headaches.
- It's good for your vision to vary close visual tasks with looking further away.
- Blinking keeps our eyes hydrated, but when we stare at a screen, our blink rate reduces.

#### Remember:

Breaks are the perfect chance to **change your posture and move** too, to help prevent back ache and to benefit your overall health

### Which DSE regulations help take care of your eyesight?

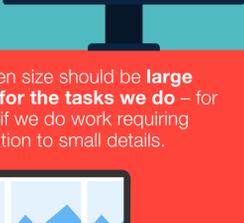
DSE (Display Screen Equipment) regulations aim to help reduce our risks from working with computer screens and other digital devices.

#### 1 An employer must pay for an **eyesight screening** for a DSE user.



#### 2

The **text size** on the screen should be comfortable to read, the screen clean, the characters clear, and the contrast and brightness suitable.



#### 3

The image on the screen mustn't **flicker**.



#### 4

Our screen size should be **large enough for the tasks we do** – for example if we do work requiring fine attention to small details.



#### 5

We should be able to **swivel and tilt** the screen.



#### 6

We shouldn't have **glare and reflections** on our screen.



#### 7

Our **lighting** should be suitable to help us work comfortably and not too bright or too dim.



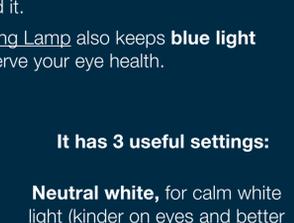
#### 8

If we need **glasses** for DSE work only, then the employer should pay for these or contribute if we want something more than basic!



#### 9

Taking your **regular breaks** away from screen work are also part of these regulations.



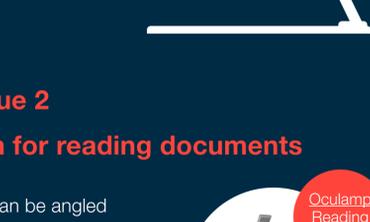
Consult the [Posturite DSE Assessors](#) for more advice!

### Easy hacks for common problems

#### Issue 1

#### Leaning forward to read your screen

Make sure your screen is placed at a suitable distance, for most of us an arm's length (50-62 cm) is a good starting point. A monitor arm is a good tool to help you to position your screen just right, and also helps you tilt the screen a little.



#### Issue 2

#### Light not bright enough for reading documents

Choose a reading lamp for extra light that can be angled easily to where you need it.

And the Oculamp Reading Lamp also keeps **blue light levels low** to help preserve your eye health.



It has 3 useful settings:

**Super bright**, for when you want your space at its brightest.

**Neutral white**, for calm white light (kinder on eyes and better for longer periods of work).

**Warm white** night mode, for the winding down in the evening.

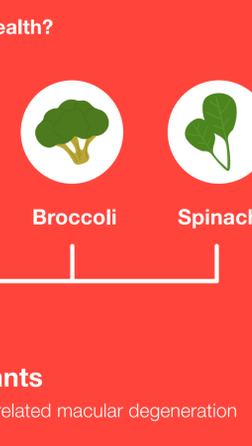
#### Issue 3

#### Glare and reflections on the screen

Firstly try to work with windows to your side, try not to face or back onto windows.

If you can see what is creating the problem can you move it or block it?

A screen filter can help. Improve usability with an anti-glare screen filter – and look for additional useful features including blue light reduction, privacy enhancement, an anti-bacterial surface and a scratch-resistant surface.



### Eat up!

#### Which foods help eye health?



Red peppers



Leeks



Kale



Broccoli



Spinach

#### Contain antioxidants

which can help to protect your eyes against age-related macular degeneration



Carrots

#### Rich in beta-carotene

which helps to protect against night blindness and cataracts



Oily fish



Plus: Drink plenty of water

#### Boosts your supply of Omega-3

### Time for an eye test?

Have your eyes tested **every 2 years** because regular eye examinations are important for eye health.

Some people are advised by their optician or health professional to be tested more frequently.

Did you know that **online eye screening** is now being offered by some employers to staff? This Ocushield service is available from Posturite and has been developed by optometrists as a springboard prior to any full examination that might then be needed.



### Sight loss assessments

There are adjustments possible – including assistive technology, strategy training, equipment and more – to enable people with visual impairments at work.



High Visibility Keyboard

### What next?

Take a look at more ergonomic products, assessments and services from Posturite which help improve the health and wellbeing of you and your staff.

To enquire about the new online eye screenings for staff, please [contact the Posturite team](#).