



Any overhead lighting should be soft to avoid excess brightness or screen glare.

The top of the monitor should be at or slightly below eye level and about an arm's length away from your body.

Your back should be kept straight and supported by the chair.

It helps to have an adjustable chair.

TAKE	EVERY	TO LOOK
20	20	20
Seconds	Minutes	Feet Away

Keep your eyes healthy with these office tips

With increased screen time during the COVID-19 pandemic, comes **increased risk of digital eyestrain**. Eyestrain occurs when your eyes get tired from intense use, like after long drives or extended screen time. The discomfort can be annoying, but eyestrain generally is not serious and goes away with rest. Treatment can be as simple as **making small changes to your workspace**.