



## Eyestrain from Computer Use

### Causes

The cause of eyestrain is most likely from conditions that surround the VDT, not the VDT itself. These include improper positioning of the VDT and supplies, poor lighting, and/or poor posture.

A pre-existing eye problem may also be the cause.

### Questions to Ask

Do you still have **signs and symptoms of eyestrain** despite using self-care measures?



Persons who use computer video display terminals (VDTs) at work and/or at home may notice eyestrain.

### Signs & Symptoms

- Eye discomfort or irritation. This includes dry, red, and/or watery eyes.
- Eye fatigue.
- Having a hard time focusing.
- Back pain, shoulder pain, and headaches may also occur.

### Treatment

Self-care measures prevent and treat eyestrain when using VDTs.



Get more information from:

HealthyLearn®  
[www.HealthyLearn.com](http://www.HealthyLearn.com)

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

### Self-Care / Prevention

- Place the screen so that your line of sight is 10 to 15 degrees (about one-third of a 45-degree angle) below horizontal.
- Position the VDT screen about 2 feet away from your eyes. This is a little farther away than normal reading distance.
- Dust the screen often.
- Reduce glare. Place the VDT at right angles to a window. Turn off or shield overhead lights. Wear a visor to block them, if needed.
- Place your paperwork close enough that you don't have to keep refocusing when switching from the screen to the paper. Use a paper document holder placed at the same height as the VDT screen.
- Blink often to keep your eyes from getting dry. Use "artificial tear" eyedrops, if needed.
- Tell your eye specialist that you use a VDT. Glasses and contacts worn for other activities may not be good for VDT work. With bifocals, the near-vision part of the lens is good for looking down, as when you read, but not for looking straight ahead, as when you look at a video display screen. You may need single-vision lenses for VDT work.
- If the image on the VDT screen is blurred, dull, or flickers, have it serviced right away.