

March is Workplace Eye Wellness Month

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Looks Like the Home Office is Here to Stay. Here's How to Protect Your Eyes

As home and office space merged during the pandemic, many people said they spent more time in front of screens and suffered because of it. They complained of eye strain, headaches, and dry eye, and worried that they might be doing permanent damage to their vision. A survey suggests that two-thirds of businesses expect that their temporary work-from-home policies will become permanent. In honor of March's designation as Workplace Eye Wellness Month, both the Eye Centers of Northwest Ohio and the American Academy of Ophthalmology are sharing tips on how to create a comfortable work environment at home to avoid digital eye strain.

Digital eye strain is a group of eye problems that can happen after staring at a screen for too long. The symptoms include blurry vision, headaches, and tired, dry eyes. It happens because we blink less often when using screens. Blinking is important because it keeps the surface of the eye moisturized. Extended reading, writing or other intensive near work can also cause eye strain.

Tips to ease eye strain



Sit at arm's length, or 25 inches, from the computer screen.



Every 20 minutes, look 20 feet away for 20 seconds.



Adjust your room lighting and increase the contrast on your computer.



Use artificial tears to refresh your eyes when they feel dry.

Learn more at aao.org/eyesmart

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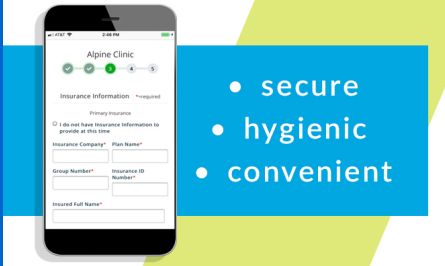
1. **Make taking breaks a habit.** Practicing the 20-20-20 rule will help you remember to blink. Set a timer on your phone or watch to remind you to look 20 feet away every 20 minutes for 20 seconds. This can be as simple as looking away from your computer screen or out the window. If you're not in the middle of a Zoom call, you can also just shut your eyes for 20 seconds.
2. **Practice eye ergonomics.** Sit 18 to 25 inches away from your computer screen, about arm's length. Adjust screen brightness and contrast so that it feels comfortable. Also, position the screen so your eyes gaze slightly downward, not straight ahead or up.

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We Now Have Paperless Check-In Available



Follow the link that we text to you the day before your appointment

Courtesy: The American Academy of Ophthalmology
www.aaao.org/

3. **Use artificial tears.** Eye drops will help keep your eyes moist and relieve the discomfort of dry eye. These can be bought over the counter without a prescription.
4. **Consider a humidifier.** A humidifier will add moisture to the air and minimize dry eye. This is especially good for people who live in cold areas and use heaters often.
5. **Consider computer glasses.** If you have trouble seeing your screen, ask your doctor about computer glasses. These progressive lenses are specifically designed for focusing on computer screens, which are usually positioned about 20 to 26 inches away from the face.

If symptoms continue after trying these tips, make an appointment to see us.

Safety Glasses



Personal protective eyewear such as safety glasses with side shields, goggles, face shields, and/or welding helmets can protect you from common hazards, including flying fragments, large chips, hot sparks, optical radiation, and splashes from molten metals, objects, particles, and glare. The risk of eye injury and the need for preventive measures depend on your job and the conditions in your workplace.

About 2,000 workers sustain job-related eye injuries each day



Flying or falling objects



Tools



Chemicals



Particles & Sparks

90% could have been avoided by wearing eye protection

At the Eye Centers of Northwest Ohio, we offer a comprehensive list of Safety Frames. You can view our Corporate Brochure and Safety Frame Catalogue on our website:

<https://www.eyecentersofnwo.com/corporate-services>