Blink often to refresh your eyes

Many people blink less when working at a computer. Blinking helps produce tears that moisten and refresh your eyes.

Every 20 minutes

Give your eyes a break and take your eyes off your computer

20 MINUTES

Take regular breaks from your computer screen

To reduce the risk for not only eye strain but neck, back and shoulder pain, take frequent breaks from your computer.

20 SECONDS

For at least 20 seconds

Take a break every 15 to 30 minutes for at least 20 seconds.

Looking at something at least 20 feet away

Try to stand up and move around at least once every hour or so. If possible, lean back and close your eyes for a few moments.

20 FEET

Adjust computer display settings

Adjusting the brightness, text size, contrast and cool temperature of your computer settings can help reduce eye strain and fatigue.