



Sustained use of the computer leads to **Eye Strain**

In a recent series of surveys conducted by the London Hazards Centre, over 70% of those questioned said that they have encountered eye problems.

Users suffer with eyestrain, headaches, blurred vision and other visual symptoms related to sustained use of the computer.

This type of stress on the visual system can also cause body fatigue and reduced effectiveness at work.

You and your employer can reduce this risk by ensuring your screen is correctly positioned, and there is suitable lighting. You should also take short, regular breaks of about five to ten minutes, after an hour or so of work.

Although there has been vast research, there's no conclusive evidence that frequent computer use leads to permanent eye damage, workers who are concerned should have their eyes tested. If you use a computer for over an hour every day and need it in order to do your job, you could qualify for a free eye test paid for by your employer.

Under the Health and Safety (Display Screen Equipment) regulations 1992, your workstation should be assessed on a regular basis for any indications of anything that may cause eye fatigue, musculoskeletal disorders and mental stress.



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