Reduce eyestrain from computer use

See clearly what you search for.

- Tell your eye specialist that you use a video display terminal (VDT). He or she can advise eyewear to meet your needs.

- Place the screen so that your line of sight is 10 to 15 degrees below horizontal. Position the VDT screen about 2 feet away from your eyes.

- Reduce glare. Place the VDT at right angles to a window. Turn off and shield overhead lights.

- 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 drops, if needed.