Your SMART SAFETY Moment

Computer Eyestrain

Fix your fuzzy focus.

Although looking at a computer monitor won't damage your eyes, spending much of your workday staring at the screen can cause eyestrain. Eyes can become dry and irritated. You could begin to have trouble focusing. Do you find yourself leaning in to read what's on the screen? Increase the font size on your computer. And the next time you have your eyes checked, tell your doctor if you spend much of your workday at the computer screen.

Wearing the right glasses and making adjustments to your monitor and workstation will reduce eye strain.

And that's smart safety!

For additional information or guidance, contact your safety office.