

Remedies for Computer Workstation Pains™

Eyestrain and Monitor Distance

Looking at the computer screen may be causing you to have "BIRD" eyes!

Imagine sitting in front of your computer, its 2:00 O'clock Tuesday afternoon. You push your chair away from your computer to take a micro break. You feel your eyes Burning, Itching, Red, and Dry (BIRD). Unfortunately, you still have several hours of work ahead of you. If that happens to you then you have what I call "BIRD" eyes!

Do you notice that you keep losing your place on the monitor, and you have to squint to make out a word? Furthermore, you might be suffering from a headache or blurry vision.

If that happens to you then you're among the computer users who suffer from eyestrain. According to the National Institute of Occupational Safety and Health (NIOSH) studies indicate that eyestrain is a major cause of fatigue, errors, and lost productivity.

Visual problems can contribute to musculo skeletal complaints. Users with visual problems or poor monitor ergonomics tend to compensate which can contribute to problems in the neck, shoulders and back.

Setup workstation for healthy and productive viewing

We take into consideration at least twenty factors! Remember "one size does not fit all", each of us have individual needs. We *test and measure* YOUR: lighting, environment, equipment, corrective vision issues (glasses, contacts, Lasik, etc.), eye indicators, and tasks performed. Your eye doctor doesn't do what we do.

Consider

Dual monitors may be helpful or hurtful -we perform a test to determine which. Your screen size determines if you need to be close or if you need to be further away so that the screen does not dominate your field of view. What you put on your screen is important - are there multiple windows or just one window? Adjustment of your monitor brightness and contrast of characters affects eyestrain.

We use different strategies for different user age groups and for different types of corrective vision –e.g. bifocal, trifocal, progressive, contact lenses, monvision, etc.
How many hours a day do you look at a screen?

Is your monitor contributing to your discomfort?

We place your monitor at the correct position, angle, height, and focal distance. Optimum monitor ergonomics enhances human performance.

Learn more at: www.ErgoCorrect.com

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