

# Looking After Your Eyes When Using Screens

Screen work can make your eyes feel tired, dry or uncomfortable. Simple changes can help.



## LOOK OUT FOR SIGNS OF DIGITAL EYE STRAIN



**TIRED OR SORE EYES**



**DRY OR IRRITATED EYES**



**BLURRED VISION**



**HEADACHES OR MIGRAINES**



**DIFFICULTY FOCUSING**

### 1 SET UP YOUR SCREEN



- Keep the screen around an arm's length away.
- Increase text size for comfortable viewing.

### 2 REDUCE GLARE



- Position your screen away from glare and reflections.
- Adjust blinds or lighting if needed.

### 3 CHANGE YOUR FOCUS



**20-20-20 RULE**  
Every 20 minutes, look at something 20 feet away for 20 seconds.

**MICROBREAKS**  
Take short, regular breaks every 30–60 minutes.

### 4 DSE EYE TESTS



- If you are a DSE user, your employer will pay for an eye and eyesight test if you request one.
- Ask your employer about your organisation's DSE eye test arrangements.



### KEY MESSAGE

Small changes to your screen, lighting and working habits can help keep your eyes comfortable.



This information is general guidance and should not replace professional medical or individual workplace advice.