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Prevent Blindness Texas Offers Information on Keeping the Eyes Healthy at Work

HOUSTON (March 1, 2013) – With an ever-increasing number of consumers relying on technology and gadgets as part of their daily life, the number of those at risk for eye strain and its effects also continues to rise. Increasing use of smart phones, tablets, laptops and desktop PCs may expose the eyes to strain from long, uninterrupted focus on video screens.

According to the American Optometric Association, some people may go beyond general computer eye strain and develop “[Computer Vision Syndrome](#),” a group of eye and vision-related problems that result from prolonged computer use. Symptoms include headaches, blurred vision, and even neck and shoulder pain.

As part of March’s Workplace Eye Wellness Month, Prevent Blindness Texas provides employers with free information on ways to keep the eyes healthy on-the-job.

Eyestrain can be lessened or even prevented by making changes to the computer workspace and by visiting an eye doctor. A few suggestions on how to make the workspace more comfortable include:

- Place your screen 20 to 26 inches away from your eyes and a little bit below eye level.
- Use a document holder placed next to your computer screen. It should be close enough so you don’t have to swing your head back and forth or constantly change your eye focus.
- Change your lighting to lower glare and harsh reflections. Glare filters over your computer screen can also help.
- Use an adjustable chair.
- Choose screens that can tilt and swivel. An adjustable keyboard can also be helpful.

In addition, Prevent Blindness Texas and Prevent Blindness America offer the [Healthy Eyes Educational Series](#) which is ideal for lunch-and-learn presentations in an office setting. Those interested may download free modules to conduct formal presentations or informal one-on-one sessions. Each module includes a Presentation Guide and

corresponding PowerPoint presentation on a variety of eye health topics such as adult eye disorders, eye anatomy, healthy living, low vision and various safety topics. Fact sheets can be downloaded at any time from the website for use as handouts to accompany the presentation.

“We want to help to remind employees and employers of the benefits of taking care of our eyesight,” said Debbie Goss, President and CEO of Prevent Blindness Texas. “By keeping our eyes healthy, we can become more productive and save on healthcare costs!”

For more information on keeping eyes healthy while using computers, please visit preventblindness.org/computers-and-your-eyes. To find out how your company can sign up for the Healthy Eyes Educational Series, please call Prevent Blindness Texas at 1-888-98-SIGHT or visit www.preventblindnesstexas.org.

About Prevent Blindness Texas

Founded in 1956, Prevent Blindness is the state’s leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. Focused on promoting a continuum of vision care, Prevent Blindness Texas touches the lives of thousands of people each year through public and professional education, advocacy, community and patient service programs and research. These services are made possible through the generous support of the Texas public. Through a network of regional offices and volunteers, we are committed to eliminating preventable blindness in Texas. For more information, or to make a contribution to the sight-saving fund, call 1-888-98-SIGHT or visit us online at www.preventblindnesstexas.org, www.facebook.com/preventblindnesstexas, www.twitter.com/PBTexas or www.preventblindnesstexas.blogspot.com.

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