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Prevent Blindness Declares March as Workplace Eye Wellness Month, Offering Free Educational Resources to Employers and Employees to Help Prevent Eye Injuries, Avoid Digital Eye Strain

– New Data from VSP Vision Care’s Annual Workplace Vision Health Report Shows Need for Better Eye Health and Safety Practices from Employers –

CHICAGO (Feb. 26, 2026) – March is Workplace Eye Wellness Month at [Prevent Blindness](#), the nation’s leading patient advocacy organization dedicated to preventing blindness and preserving sight. The annual observance offers educational resources to employees and employers on ways to keep eyes healthy and protected. These free resources include [workplace eye safety fact sheets](#), [shareable social media graphics](#), webpages on [preventing eye injuries at work](#) and [digital devices and the eyes](#), and a Workplace Safety module as part of its [Healthy Eyes Educational Series](#).

Employees who work in industries such as construction, manufacturing, metalworking, agriculture, and occupations requiring chemical-handling, [are at a higher risk for eye injuries](#) without the use of proper eye protection. Types of occupational eye injuries include corneal abrasions, blunt eye trauma, penetrating injuries and eye burns from chemicals, radiation or extreme heat.

Those who work in an office environment using digital screens, such as computers, tablets and smartphones, may be at a higher risk for digital eye strain, also known as computer vision syndrome. Symptoms may include blurred vision, dry eyes, headaches along with back, neck and shoulder stiffness and pain, according to the [Cleveland Clinic](#).

“Workplace Eye Wellness Month reminds us that protecting vision should be a priority wherever people work—whether in offices or on job sites,” said Jeff Todd, president and CEO of Prevent Blindness.

New data from the [2026 Workplace Vision Health Report](#), just released by VSP® Vision Care, showed a disconnect between workers and employers with only a quarter of survey respondents believing that their company cares a great deal about their eye health.

Additionally, the report found:

- 81 percent of Human Resources (HR) leaders say their company promotes the use of protective eyewear such as safety glasses, sunglasses, or glasses designed to reduce glare from screens or bright lights. However, less than half (45 percent) of

workers agree.

- Only 34 percent of workers say their company encourages eye breaks—short pauses from screens or close-up work that can help reduce eye strain and fatigue.
- 32 percent of workers say their company offers information on optimizing the workplace to help minimize eye strain, for example guidance on computer setup, lighting, ergonomic furniture, temperature, or humidity.
- Desk workers are now getting almost 100 hours of screen time each week. On weekdays, desk workers report spending an astounding 93 percent of their waking hours looking at screens.
- For the first time, the report also included non-desk workers, whose roles occur outside a traditional office setting. The research found that many of these workers also report experiencing screen time impacts.
- One in four employees say they have taken time off from work due to digital eyestrain. On average, workers report taking 4.5 days off each year.

“As we recognize Workplace Eye Wellness Month, it’s a timely reminder that in today’s digital world, proactive eye care is critical,” said Dr. Valerie Sheety-Pilon, VSP Vision Care Senior Vice President of Clinical and Medical Affairs. “When employers rethink vision care and create eye-friendly workplaces, they strengthen employee well-being and, in turn, support higher employee engagement and productivity.”

To download the VSP Vision Care 2026 Workplace Vision Health Report, please click [here](#).

For more information about workplace eye health and safety topics, please visit [PreventBlindness.org](https://www.preventblindness.org).

About Prevent Blindness

Prevent Blindness is the nation’s leading eye health and safety organization dedicated to preventing blindness and preserving sight. The organization raises awareness about the importance of eye health and its connection to overall health, advocates for eye health policies and funding, supports professional education and training, and empowers those living with vision loss. With the generous support of its network of affiliates, volunteers, partners, and the public, Prevent Blindness provides free resources on the full spectrum of eye diseases and conditions that can significantly affect vision and quality of life, and advances initiatives that identify vision problems early and connect individuals to eye care. For more information, visit [PreventBlindness.org](https://www.preventblindness.org), and follow Prevent Blindness on [Facebook](#), [X](#), [Instagram](#), [LinkedIn](#), [TikTok](#), and [YouTube](#).

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