5 Tips for Better Eye Health at Work

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We often take our eyes for granted. If you have a job that requires you to sit in front of a computer the majority of the day – it is especially important to take steps to reduce eye strain. Help alleviate eye fatigue, and protect your eyes with the following tips.

#1 – Give Your Eyes a Rest.

Set a timer to help you avoid sitting at the computer too long. Besides eye strain and fatigue, too much screen time can also cause:

- Blurry vision
- Headaches
- Dry eyes
- Neck, back & shoulder pain

If you experience eye strain that won't go away, it's time to speak with your doctor about whether you need computer glasses. If you sit at a computer for work, consider the following for your office/computer setup:

- Make sure your computer screen is level with your eyes.
- Avoid glare from windows and lights. Use an anti-glare computer screen if necessary.
- Choose a comfortable, ergonomic office chair. Your feet should be able to comfortably rest on the floor.
- Remember to blink more. This may help avoid dry eyes.
- Rest your eyes every 20 minutes or so. This can also help you remember to get up and walk around/move more!

#2 – Eat Healthy.

Healthy eyes starts with a healthy diet. Load up on dark, leafy greens like spinach and kale. Nutrient dense foods also include: salmon, eggs, nuts, beans, oranges/citrus fruit, and pork. A healthy diet will also help you maintain a healthy weight, which lowers your risk of other issues like obesity and diabetes – two of the leading causes of adult blindness.

#3- Keep Eye Drops Handy.

One of the leading causes of eye fatigue is dry eyes. When you stare at your computer for a long period of time with little to no blinking, your eyes will become dry and can cause unnecessary ey strain and fatigue. Avoid this is by remembering to blink and by keeping eye drops on hand to help add moisture back to tired eyes.

#4 – Keep Your Prescription Up to Date.

If you wear prescription eye wear, you may want to speak to your doctor about whether you need a new or different pair of eye glasses when working in front of a computer screen.

#5 – Wear Necessary Safety Equipment.

Not everyone works in front of a computer; however, they still need eye protection. Construction workers and other types of blue-collar positions that deal with heavy equipment, machinery or tools should always make sure that proper eye safety equipment is used. Different types of jobs may require having a specific pair of approved safety glasses. Safety glasses are a critical part of preventing your eyesight from being damaged by foreign objects.

Whether you're mowing your lawn and doing yardwork or you're dissecting something in your middle school classroom, safety goggles should be worn.

Contact WakeMed Urgent Care

Having sudden eye issues or discomfort? Visit one of several WakeMed Urgent Care locations. No appointment necessary! We are also pleased to offer eVisits for other, common illnesses/ailments. [View our urgent care locations and hours of operation here.](#)