

# TIPS FOR WORKING FROM HOME

## EYE HEALTH

As natural light dwindles in the daytime, adults will be putting excess strain on their eyes

33%

have **eye strain complaints** by the end of each day

30%

say their eyesight has **noticeably worsened** as a result of working from home

41%

have not had an opticians check-up in the last **12 months** due to the pandemic

1

Drink more water

2

Position desk to be near window

3

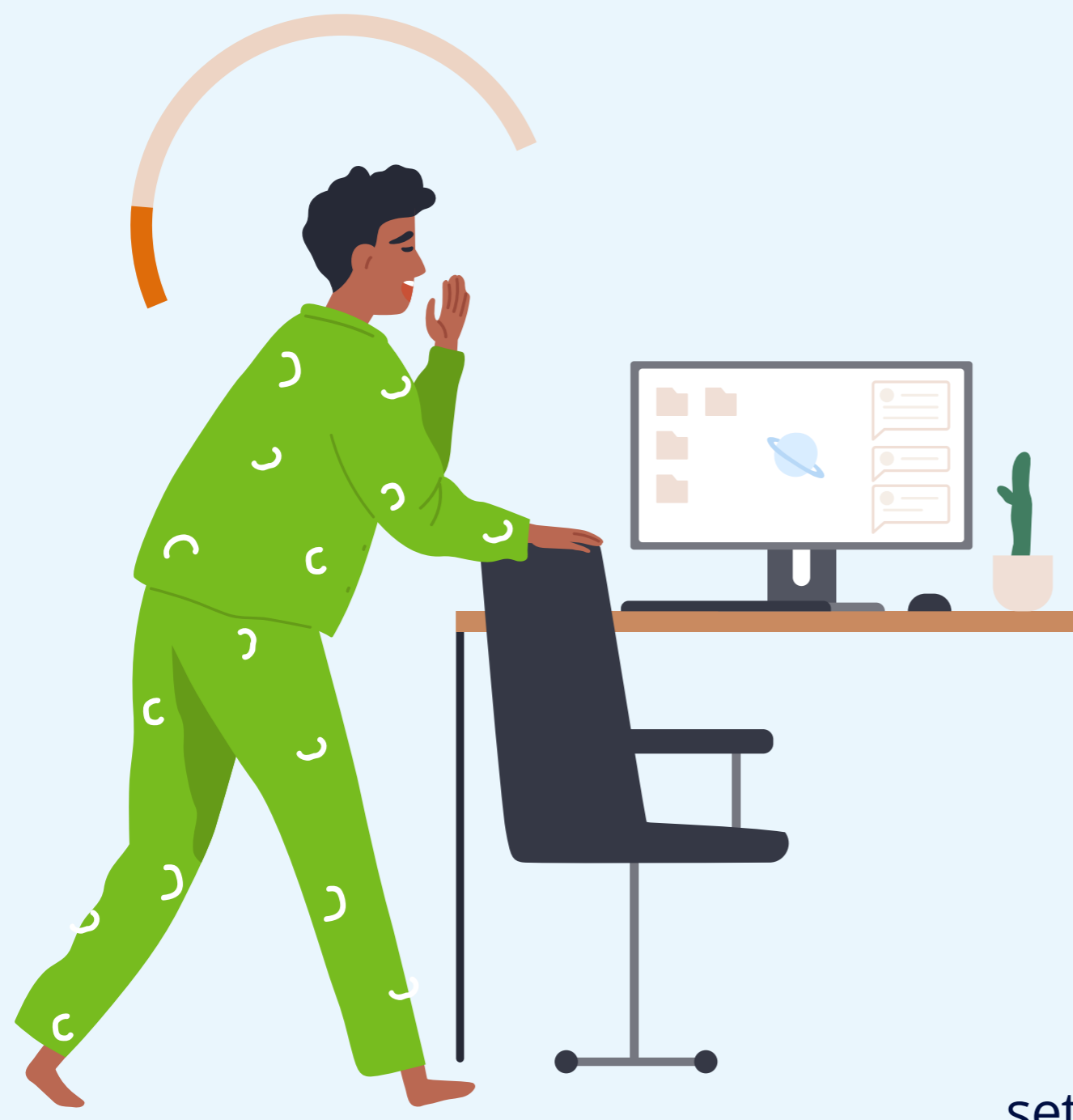
Set alarms to take screen breaks: 20-20-20 rule



15% never take a screen break

8hrs avg.

spent gazing at either a **computer monitor or phone**

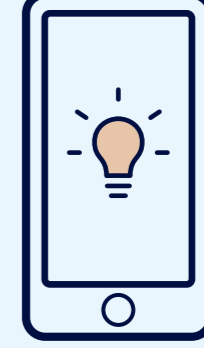


4

Set a curfew to stop looking at screens in the evening

5

Bought 'blue light blocking' glasses - use blue light filter settings on computer and/or phone



6

Use eye drops to get instant soothing relief

7

Have a good desk lamp for when it's dark/light is not great

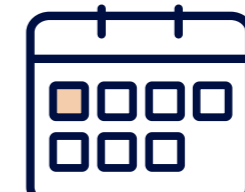


45%

admit the room they spend most of their time in has **'limited' natural light**

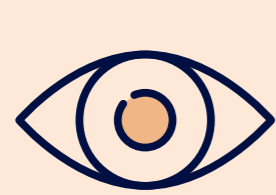
8

Control the temperature of the heating/air conditioning as it makes your eyes dry



9

Wear your glasses once per week to give your eyes a rest (when wearing contact lenses)



10

Do some eye exercises to fight eye strain



11

Use moisturising eye cream around your eyes at night

12

Be careful about the distance between your eyes and the screen (they can go red) - 65-70cm to your laptop/pc and between 40-70 cm to your phone

