

Computer Glasses: Get Your Eyes Checked!

As a regular part of their jobs, many university employees work at computers for long periods of time each day. Without computers, many employees would not be able to access Banner and complete their job duties.

While using computers for extended periods of time, employees may possibly experience blurred vision and other symptoms related to Computer Vision Syndrome (CVS). The primary cause of CVS results from staring at a computer screen too long and not taking enough breaks. Without appropriate eyeglasses, computer users can often end up with blurred vision, eyestrain and headaches – the hallmark symptoms of CVS.

Computer glasses eliminate the constant refocusing efforts that your eyes go through when viewing a screen. Many employees try to compensate for vision-related problems by leaning forward, or by tipping their head to look through the bottom portion of their glasses. Both actions can cause a sore neck, shoulders, and back.

To reduce your risk of computer eye strain and computer vision syndrome, take regularly scheduled breaks and give your eyes a rest! See an eye care professional who specializes in computer vision care. Your eye doctor should perform tests to detect any vision problems that might contribute to CVS. Depending on the outcome of the exam, your doctor may prescribe computer eye glasses to help you work more comfortably at your computer. For the greatest comfort your computer screen should be positioned farther away – at a distance of 20 to 24 inches from your eyes.