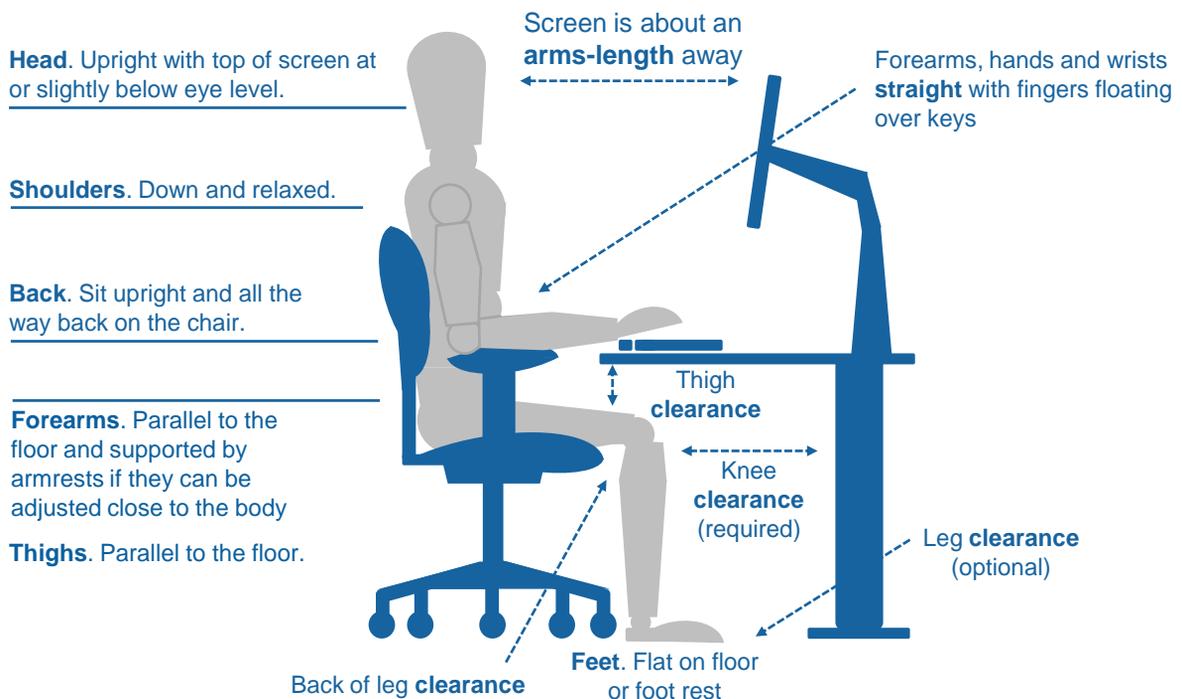


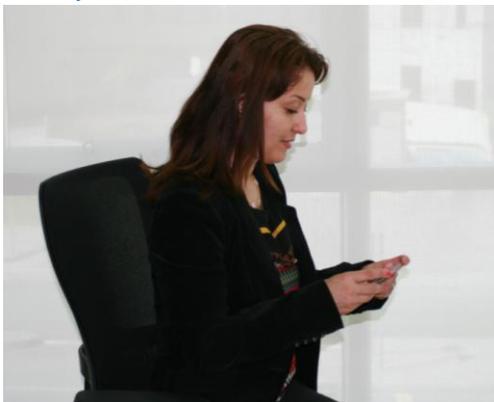


# Sitting Comfortably

Digital screens are an increasing part of everyday life and it is all too easy to sit and not move for prolonged periods of time. Here is our guide to good workstation design and working practices to help you sit and see in comfort.



**Mobile devices** such as laptops, tablets and smart phones are flexible to use and keep you on the move, but prolonged use can challenge your physical and visual comfort. Here are some tips to help you stay comfortable.



1. Whenever possible, place your laptop or tablet higher than the lap and use a case that doubles as a tablet stand.
2. Hold your smart phone in a relaxed grip with thumbs placed lightly on the keyboard. Avoid one-handed use.
3. Leave long and non-urgent emails until you are back in your office, so not always reliant on your mobile device.
4. Consider calling people as an alternative to emailing.
5. Whatever device you use, remember to take regular breaks, and move more!



# Seeing Comfortably

The unique characteristics and visual demands of screen work can result in tired eyes, headaches and discomfort. Here are some simple steps to help reduce visual fatigue and increase efficiency.

## Visit your eye care professional

Have an annual eye examination to check not only your vision but also your eye and general health.

## Blink frequently

When working at a screen you typically blink less often or less fully, so be aware and make sure you keep blinking!

## Change focus

Follow the 20-20-20 rule: focus in the distance (20 feet or further away) for 20 seconds every 20 minutes.

## Adjust the lights

Avoid harsh lighting or bright sunlight, by use of blinds or sitting at right angles to windows, to minimise glare and reflections.

## Optimise your vision

Make sure your glasses or contact lenses are up to date, optimal for screen working distance, and always worn.

## Check humidity

Tears and delicate skin around the eye can feel dry. Avoid drafts or overheated rooms, and keep yourself hydrated.

## Vary your tasks

Take regular breaks and move your body too. Frequent short breaks are better than infrequent longer ones.

## Adjust your screen

Make sure your screen is clean, brightness and contrast are optimal, and text is large enough to read easily.

Ask your eye care professional for advice on your particular needs, and remember new lens designs and contact lens materials continue to advance providing vision, comfort and health benefits.