


The 20/20/20 Rule

Ergonomics


Good ergonomics and safety for computer workstation users involves frequent stretch breaks. Computer users also must provide breaks for their eyes. This continuous gaze at the computer monitor can result in eyestrain, headaches, blurred vision, double vision and dry eyes. Use the 20-20-20 rule to help prevent eyestrain. Review these safety tips with your employees.

Tool Box Tips

- What is the 20-20-20 rule?
 - Every 20 minutes, look at an object 20 feet or more away for 20 seconds.
- Stare at an object 20 feet away for the full 20 seconds. It takes the full 20 seconds for the eyes to relax.
- Get up, stretch and drink water.
- If you can't leave your workstation, make it a point to look out the window. This helps keep eye tissues flexible and oxygenated.
- Keep your computer screen clean. Fingerprints and dust can cause more stress to already strained eyes.
- Stay away from drinks with excessive sugar or caffeine as these substances can dehydrate the body.



Drink water often. This keeps the body and eyes hydrated and healthy.



Every 20 minutes take a look outside for 20 seconds.

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