

Screens and Seating

10 10 10

Every **10 minutes**, look at an object at least **10 meters** away for at least **10 seconds**



Take a break of **15+ minutes** for every **1.5 hours** you spend on your device



Your screen should be an arm's length, away from your face.
The centre of the screen should be about 10-15 degrees below eye level

Make sure your feet can reach the floor



Cut glare by using a matte screen filter. You can find them for all types of screens



Use a flannel or cucumber slices to refresh your eyes when they feel dry

Use warmed wheat bag over eyes

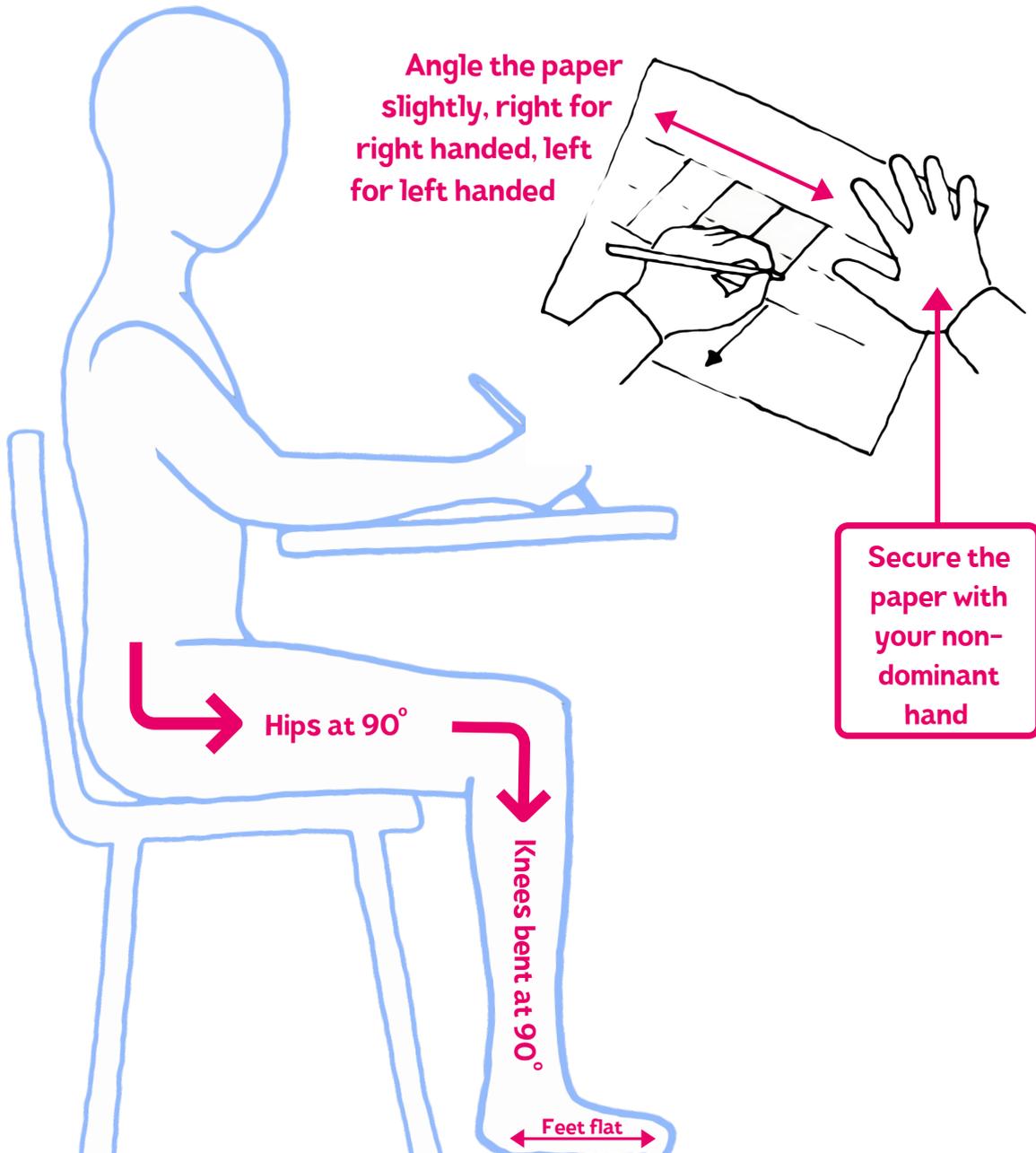


Try putting a humidifier in the room where you most often use a computer or other device

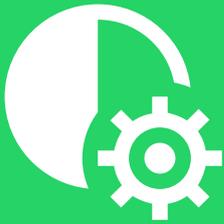


Check your lighting is bright enough. Your device shouldn't be brighter than the surroundings

Screens and Seating



Adjust Your Devices



Raise the contrast on your screen

MAKE FONT LARGER



Slow down and increase the size and contrast of your pointer and curser

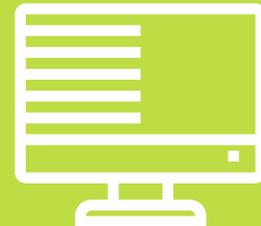
Change the brightness of the screen. It should be no lighter or darker than your surroundings



Lower the colour temperature of your screen. It gives off less blue light, which is linked to eyestrain



Raise the device's refresh rate. This lessens flickering



Play eye games to use different muscles and focus

Set a timer on your device to remind you to complete these activities!

Make sure you are sitting or laying comfortably:

- Rub your palms together quite hard to create some heat
- Next, make your hands into cup shapes
- Close your eyes and place your warmed hands over them. Right hand to right eye and left hand to left eye

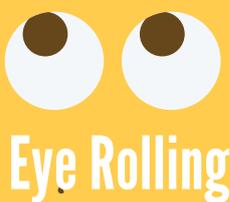
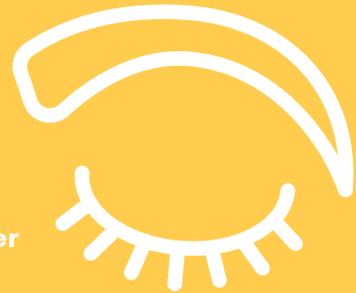
Hand Cups



Enjoy the heat warming your eyes and relax like this for a few minutes

Blinking

A lack of blinking is one of the biggest reasons for screen induced eyestrain. It dries out your eyes and causes scratchiness so it's very important to blink. Try to blink every four seconds to keep your eyes wet and happy. This sounds simple, but when focusing on a screen it can be difficult to remember so you might have to train yourself to blink more!



Eye Rolling

Just as neck rolling help stiff necks, eye rolling can help your eye muscles.

- Close your eyelids and roll your eyes around in circular motions, or look up and down, side to side

This helps to moisten your eyes and eases the strain on the muscles

10 Minute Screen Breaks



Eye spy using
shapes and colours

How many
green/red/blue etc
things can you see



Use different senses:



Close your eyes and
identify different size,
shaped and textured
objects in a bag by
sound, touch and smell.

BODY MOVES

Give directions:

"touch your
left ear with
your right
hand". Build
up to 2
or 3
step
directions



Play the
Bean Game
(see page 6)



Play
throw,
roll and
catch



Throw balls at a
target as far away as
you can still achieve



Play balloon
volley ball

Play
balloon
tennis
with a
rolled up
paper



10 Minute Screen Breaks

