

ASSET MANAGEMENT TOOLKIT

Eyestrain in Telework

GOALS: *At the end of this session, the crew should be able to:*

- Understand the need to take "eye breaks" of 20 seconds every 20 minutes to look 20 feet away.
- Understand 3 ways to mitigate computer glare
- Understand the relationship between lack of rest and eyestrain

WHAT DO I NEED?:

- Computer

FLOW:

- Definition of eyestrain
- Symptoms of eyestrain
- Prevention of eye strain
- 1. 20-20-20
- 2. Glare reduction: move lights, screen film, high contrast settings 3. Enough sleep to rest the eyes

FACILITATOR NOTES:

- What 20 feet "looks" like