Information Sharing

SAFETY FIRST

March 13, 2023

## Workplace Eye Wellness:

• Place your screen 20 to 28 inches away from your eyes and a little bit below eye level.

• Use a document holder placed next to your screen. It should be close enough so you don't have to swing your head back and forth or constantly change your eye focus.

• Change your lighting to lower glare and harsh reflections. Glare filters over your digital screens can also help.

• Choose screens that can tilt and swivel. A keyboard that you can adjust is also helpful.

• Ensure the computer screen is always clean.

• Computer glasses with yellow-tinted lenses that block blue light can help ease digital eye strain by increasing contrast.

• Anti-reflective lenses reduce glare and increase contrast and also block blue light from digital devices.

• Take frequent breaks by using the "20-20-20" rule, as recommended by the American Academy of Ophthalmology and the American Optometric Association. Every 20 minutes look away from your screen and look at an object 20 feet away for at least 20 seconds. This gives your eyes a chance to reset and replenish themselves.
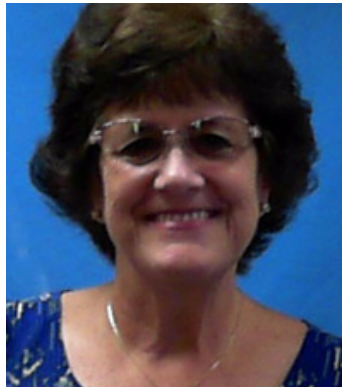
• Mark Boyden is working as a Firefighter/EMT.

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• Linda Fanstill is working as a Senior Accountant in Finance.

Welcome

• Wes Harris is working as a Utilities Maintenance Worker I, Wastewater Collection.

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• Savorion Warren is working as a Utilities Maintenance Worker I, Wastewater collection.

Punta Gorda
Florida's Harborside Hometown