

March 2025

Benefits News



Get Smart About Screen Time

This document is part of the PEBB March Newsletter, Taking Care of Your Vision. To access other resources, visit the [News and Events page](#).

When we think about ergonomics, our thoughts go to desks and chairs. However, you should also consider your eyes. This is especially important if you spend a lot of time working at a computer.

In addition, many of us are just as connected to mobile devices, like smartphones and tablets. All that time looking at screens adds up faster than you think!

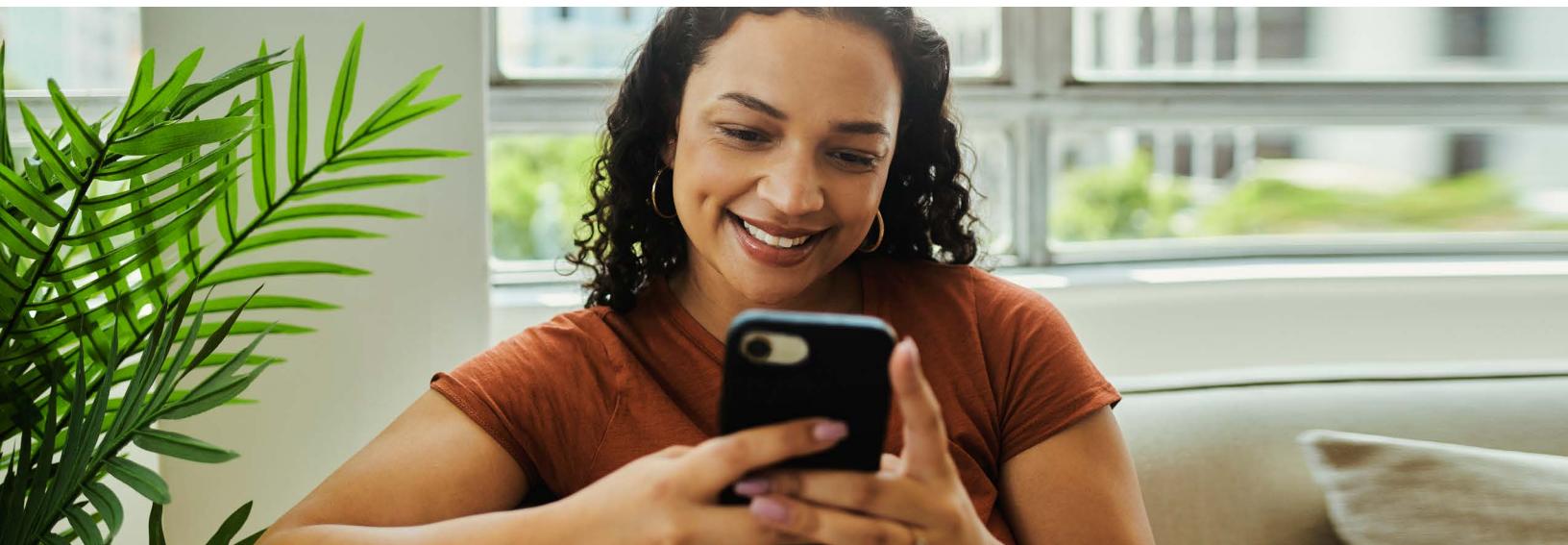
Continue reading to find out what you can do to avoid eye fatigue, eye strain, and neck and back pain when using a mobile device or computer.



Ergonomic Tips for Mobile Devices

- Maintain a comfortable distance from the screen. This is typically about 16 to 18 inches for smartphones.
- Hold the device at eye level. This avoids bending your neck and straining your eyes. Keep your back straight and shoulders relaxed.
- Use pinch-to-zoom gestures to enlarge content and make text bigger.
- Adjust your settings when the lighting conditions change. You can change brightness and contrast levels.
- Adjust the way your screen displays text by automatically increasing the size or bolding text.
- Enable blue light filters to reduce eye strain, especially at night.
- Try adaptability features to improve readability. This includes camera magnifying tools, contrast tuning, and automated zoom.
- Use text-to-speech voice recognition. This reduces the need for typing and looking at the screen. Many devices also have built-in digital assistants, such as Siri or Alexa. These assistants can carry out various handy actions. This includes voice instructions to send texts or call contacts.
- Keep your screen clean. This ensures clear visibility to reduce squinting.
- Take frequent breaks. Look away from the screen regularly to give your eyes a chance to rest.

Source: [All Things Ergo](#)





Ergonomic Tips for Computer Use

- Your eyes should be at least 20 inches, or the length of a standard pillow, away from your screen. When your screen is too close, your eyes may have trouble focusing. The limit should be 40 inches, or the width of a standard office desk. If the screen is too far away, you can strain your eyes.
- Your eyes should be even with the top of your screen. It allows you to sit up straight and not overextend your neck.
- Make sure your computer screen is directly in front of you. This prevents neck pain and fatigue.
- Use the 20-20-20 rule. For every 20 minutes you look at a screen, look at something else that's 20 feet away for 20 seconds. This allows your eyes to rest.
- Position the screen so you don't have to tilt your head back to see it clearly. If you wear progressive lenses, look at the screen through the bottom half or center of your lenses. If you do a lot of work on the computer, talk to your eye doctor about prescription glasses.
- Adjust the position and tilt of your screen to reduce glare, reflections, and distortion.
- Adjust your monitor's display. Settings can reduce brightness, contrast, and glare.
- Clean your computer screen weekly — dirt and dust on your screen can make it hard to see and cause eye strain.
- Ensure that your room is well lit. Aim lights at your worksurface, not your eyes.

Source: [All About Vision](#)

