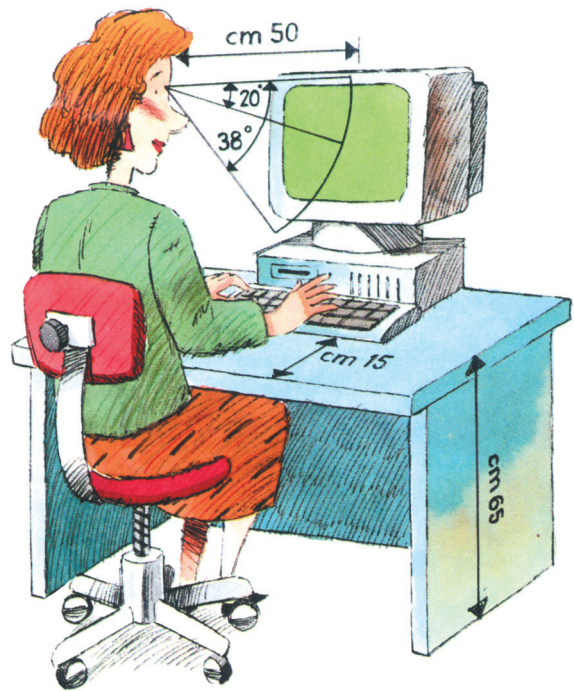


IN FRONT OF THE COMPUTER

How not to tire your eyes

NORMATIVE UNI 10380



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ENVIRONMENT AND HEALTH

Symptoms such as redness, burning, watering and light sensitivity can be linked to prolonged strain in front of a screen. The eye is a muscle that works, under strain, conveying large quantities of blood around the crystalline lens (more precisely, the ciliary muscle contracts the crystalline lens to focus on objects that are nearby).

So, a muscle that is subjected to prolonged fatigue manifests symptoms of tiredness. It is advisable to take a 5-minute break for every hour spent working in front of a screen.

PRECAUTIONS TO TAKE

Eyes. The ambient light must be diffused and uniform.

The screen contrast must be effective. Nowadays, with the latest programs for working in graphic environments (Macintosh and Windows), the screen contrast is good. The colour monitor allows you to choose your background colour. We recommend blue which is less tiring on the eyes and more relaxing.

If you work with an old monitor, you should bear in mind that a red phosphorus monitor (red characters on a black background) is better if you are short-sighted and a green phosphorus one if you are far-sighted.

Do not work with your back to the window which reflects on the screen and make it hard to see.

The latter should be placed at a distance of 50 cm from your eyes, slightly lower than your line of vision, tilted at an angle of about 20°. A 40° angle should be formed between the screen and the keyboard. Use corrective lenses for short-sightedness, far-sightedness and long-sightedness. Book an eye examination every two years if you work on the computer more than 20 hours a week.

Back. Avoid an asymmetric layout of the video and keyboard because you will be forced to move your head sideways. The keyboard must be placed on a flat surface so that the forearms can rest on it, relieving muscular tension in the shoulders and arms. The back of your chair must reach at least

up to your shoulder blades; the seat should be adjustable, so you can put your feet on the ground and bend your knees without them dangling.

You should get up every so often and stretch your limbs.

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