

## 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



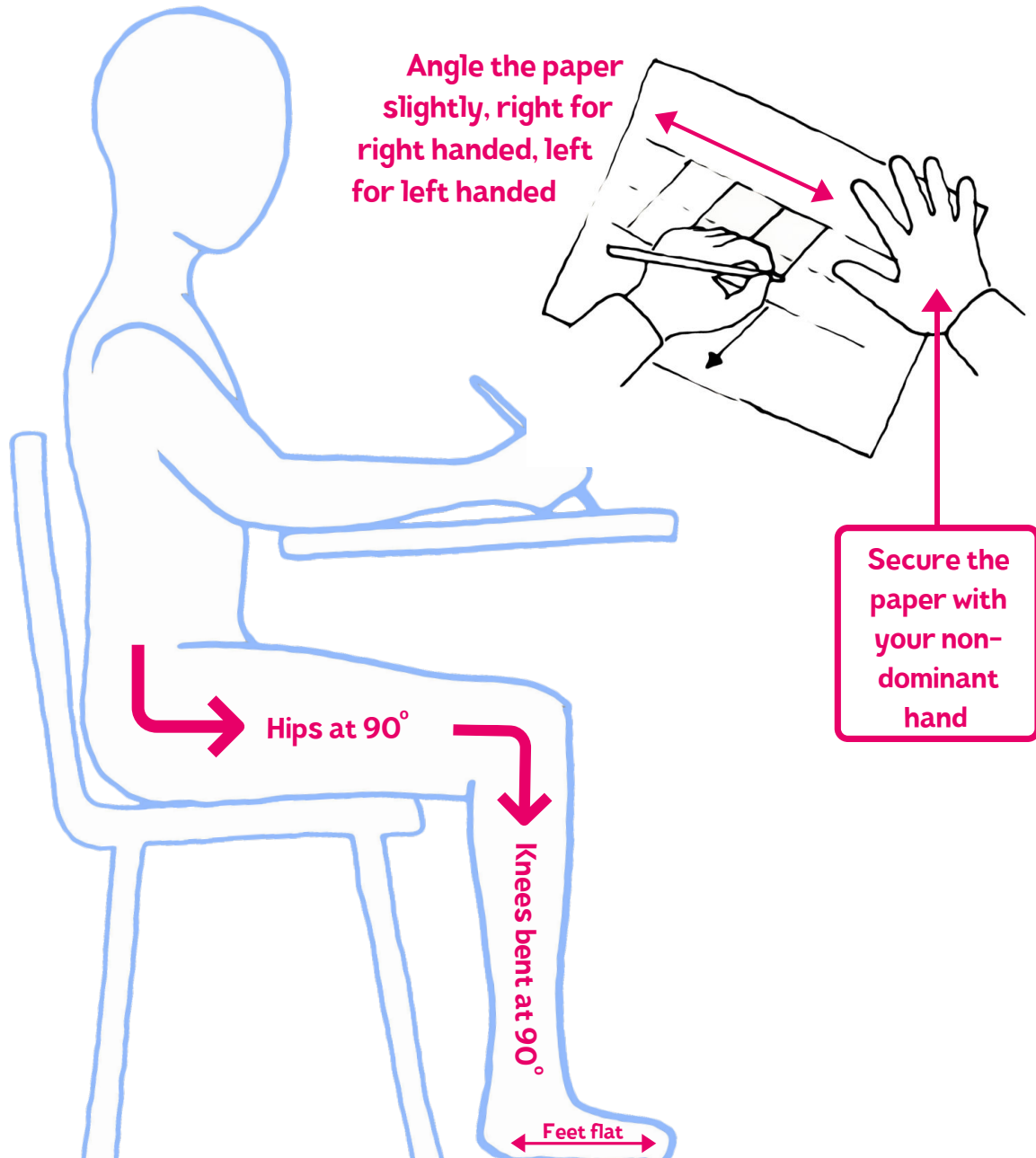
Try putting a humidifier in the room where you most often use a computer or other device



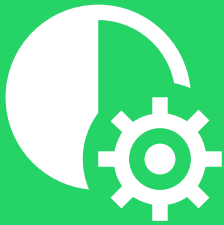
Check your lighting is bright enough. Your device shouldn't be brighter than the surroundings



## Screens and Seating



## Adjust Your Devices



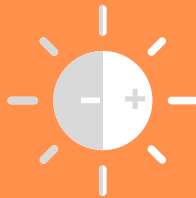
Raise the contrast on your screen

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

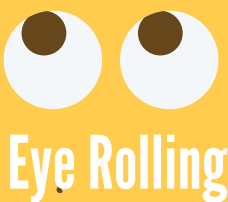
Enjoy the heat warming your eyes and relax like this for a few minutes

### Hand Cups



### 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



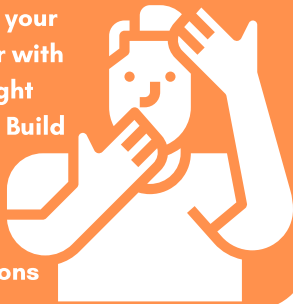
Use different senses:



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

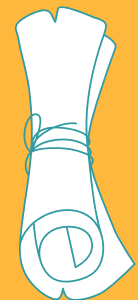


Throw balls at a  
target as far away as  
you can still achieve



Play balloon  
volley ball

Play  
balloon  
tennis  
with a  
rolled up  
paper



## 10 Minute Screen Breaks

