



Remote Learning Pupil Wellbeing Guide Eye Strain

When you are looking at a something close-up, such as a screen you may blink as much as 3 times less than when you are looking at something far away. This leaves your eyes dry and irritated.

Furthermore, focusing your eyes at the same distance for a long time can cause your vision to blur temporarily and the muscles around your eyes to tire. Leading to headaches.

Symptoms:

- Watery eyes
- Blurry vision
- Dry eyes
- Double vision
- Headaches
- Stiff neck



1. Follow the 20-20-20 rule

Give your eyes the chance to focus both near and far away. Set a timer for 20 minutes. When it goes off, look into the distance, for at least 20 seconds. *Remember: Twenty minutes, 20 feet, 20 seconds.*



2. Protect our eyes against screen glare

Make sure you screen is in a place relatively clear of sunlight, and there are no light sources immediately above your screen. Try adjusting your screen's brightness and contrast settings to minimise any glare.



3. Position your screen farther away

If possible, adjust your monitor or screen to about an arm's length away from your eyes. Keep the top of the screen at or just below eye level.



4. Go outside

In between lessons, at break or lunch get some fresh air. This will allow your eyes to interact with a distant visual space, which is less stressful and demanding on your eyes than a near point task.