

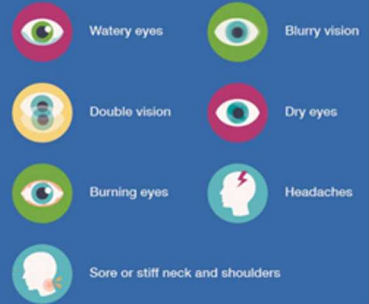
# TEACHER WELL-BEING

## REMOTE TEACHING DIGITAL EYE STRAIN



We're going to be teaching mostly remotely for the next few weeks. It is highly likely many teachers and students will experience eye discomfort and vision problems, due to having to look at screens for extended periods of time.

Long periods of close-up work tire the eyes and can lead to symptoms of eye strain, such as:



Sore or stiff neck and shoulders

The simple fact behind these symptoms is that you may blink as much as 3 times less than when you're looking at something far away, leaving eyes dry and irritated. And when you focus at the same distance for a long time, it can cause vision to blur temporarily, and the muscles around the eye to tire, which can cause headaches.

## HERE ARE SOME EASY TIPS TO PREVENT EYE STRAIN BEFORE IT STARTS

### - 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 the timer goes off, look into the distance at least 20 feet away for at least 20 seconds. If you're in the middle of a lesson, ask your students to do the same. Twenty minutes, 20 feet, 20 seconds.



### - POSITION YOUR MONITOR FARTHER AWAY

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

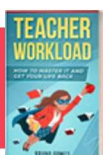
### - PROTECT YOUR EYES AGAINST SCREEN GLARE

Place your laptop or desktop in a place relatively clear of sunlight, and away of light sources immediately above your screen. Adjust your monitor's brightness and contrast settings and try keeping it at half-brightness. If the above is not enough, use an anti-glare matte screen filter or glasses.



### - GET OUTSIDE

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



Bruno Gomes – MFL Curriculum Leader and Teacher of Spanish, French and Mandarin  
You can find out more about my work, and how I'm trying to make to a difference to teachers' lives, in my book: 'Teacher Workload: How to Master it and Get Your Life Back'.