It is important for employees to protect themselves from eye injuries or eye strain. Eye injuries in the workplace are very common. Here are some tips on how to protect your eyes at work.

**Keep Screens at a Distance**

The average worker spends seven hours on the computer either in the office or working from home. It is recommended to keep your eyes at least an arm’s length from a computer screen and 16 inches from a handheld device. The glare of an electronic screen can cause eyestrain and computer vision syndrome. After prolonged computer use, you can experience these symptoms – headaches, blurred vision, neck pain, dry or red eyes, fatigue, double vision, and difficulty refocusing.

**Take Blinking Breaks**

You should avoid prolonged computer work. If you can’t, take blinking breaks. Follow the 20/20/20 rule when staring at a screen. Every 20 minutes, you look 20 feet away for 20 minutes so you can blink naturally and give your eyes time to relax.

**Use Proper Eyewear Protection**

An appropriate protective eyewear is important to protect your eyes from injury. The appropriate eye protections depend upon the type of hazard, the circumstances of exposure, other protective equipment and your vision needs.
Here are some key factors in selecting the right eyewear protection:

- Must have side shields or wraparound arms if you are exposed to hazards from the side.
- Must have polycarbonate or plastic lenses if there is a risk of impact to your eyes.
- Must have lenses made of treated safety glass if you are exposed to high temperatures or corrosive chemicals.
- Must wear a face shield over your safety eyewear if there is a risk of injury to other parts of your face.

Standards for eye and face protection

- Look for CSA or ANSI Z87 markings on non-prescription safety eyewear or face shields. For protection from high impact, choose eyewear marked CSA or ANSI Z87+.
- Look for a CSA mark on prescription safety eyewear made of polycarbonate or plastic. On prescription lenses made of treated safety glass, look for ANSI Z87-2. You should remember that wearing lenses made of treated safety glass is acceptable only when polycarbonate or plastic lenses are not practical, and there is no risk of impact to your eyes.