



# HOW TO AVOID EYE STRAIN WHILE WORKING AT THE COMPUTER



REGULARY EYE CHECKING



EYES EXERCISING



PROPER LIGHTING



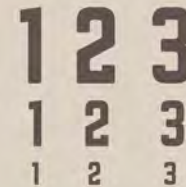
MONITOR CLEANING



DISTANCE ADJUSTING



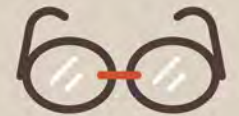
GLARE REDUCING



FONTS SCALING



FREQUENT BLINKING



GLASSES WEARING

## 20-20-20 RULE



20 EVERY MINUTES



20 BREAK FOR SECONDS



20 LOOK AT FEET AWAY