

# Health and Wellness Tip of the Week - Week 13

## Monthly Topic

March is *Workplace Safety Month*. It's the perfect time to remind employees about the importance of maintaining a safe and healthy work environment.

March 30, 2015

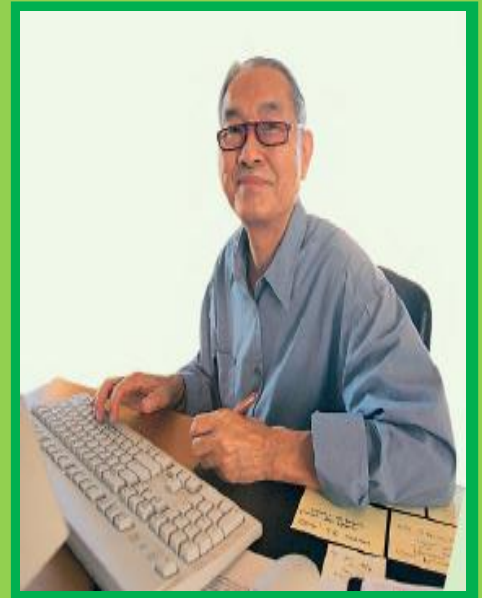
## Consider These Tips When Using A Computer

### Is your workspace a site for sore eyes?

You rub your eyes, squint and try everything you can to make them feel better. Could the burning, watering, blurred vision, even headaches be caused by eyestrain from your computer screen? Adopting these habits can help:

- ✿ Change the pace by getting up and moving at least once every two hours.
- ✿ Make a conscious effort to blink more often, or consider using over-the-counter artificial tears.
- ✿ Get appropriate eyewear that is fitted for computer work.
- ✿ Adjust your monitor about 18 to 30 inches from your eyes.
- ✿ Check the lighting and reduce glare.

*Source: Mayo Foundation for Medical Education and Research*



Human Resources  
Department  
1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8630