March madness!

More ski area employees are injured during the month of March than any other month. Be proactive with your safety messages, safety meetings, and safety expectations!!

Computer use and eye comfort

Do you spend much of your day making eye contact with a computer screen? The result can be tired, dry peepers.

Eye strain doesn’t actually cause permanent damage to your vision. But it can be uncomfortable—and may make it more difficult for you to work.

Seven soothing steps

Help yourself see clearly and comfortably—and avoid eye strain—with these screen-time strategies:

1. **Spare the glare.** Place a glare-reducing filter over your screen. They’re available at most office supply stores. And if possible, adjust the lighting or window shades in the area to help minimize reflection.

2. **Sit in the right spot.** You should be about 25 inches from your monitor. Position it so you’re looking slightly downward.

3. **Put things in focus.** Higher screen resolution makes items more clear—and usually leads to improved comfort. Adjusting brightness and contrast for clarity may help, as well.

4. **Think to blink!** Most people blink their eyes half as often as normal when they’re staring at a computer screen. Need a reminder? Tape a note on your monitor with "Blink!" written on it.

5. **Tear up a little.** Artificial tears can restore moisture and ease dryness. You might also find relief by placing a warm, wet washcloth on closed eyes.

6. **Use the 20-20-20 rule.** Every 20 minutes, look away from your screen. Focus on an object at least 20 feet away for 20 seconds.

7. **Take a break for your eyes’ sake.** Try to give your eyes periods of downtime during the day—and plenty of rest at night, too.

For more information, contact Helen Richards, 800-528-7730 | helen.richards@wellsfargo.com