

Signs and Symptoms of our Texting times

Although texting and tapping in front of a screen is not particularly hazardous for an employee or

Digital eye strain

Working on a computer for twenty hours per week or more is common. Over time, the need to focus on a screen that is held too close can be very physically demanding on the eyes. Compound that with ever-smaller screens, dimly-lit locales, and glare from various light sources while using a mobile device, and employee/students could experience vision problems known as digital eye strain or computer vision syndrome. Symptoms include eyestrain, headaches, blurred vision, dry eyes, and neck and shoulder pain. Employees and students should have their eyes regularly examined, especially if they are experiencing any of these symptoms, are having difficulties reading, or have a family history of eye or vision problems.

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