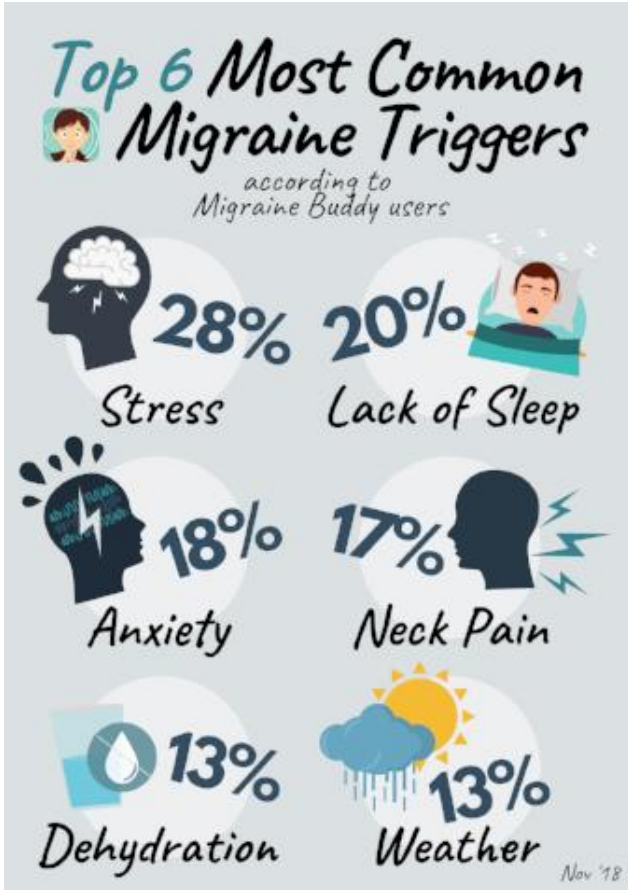


Workplace Ergonomics: Weekly Newsletter #4: Eye Strain/Headaches



TYPES OF HEADACHES

Migraines. Intense pain on one side of the head always repeated in the same area. It is accompanied by disturbances of vision and hearing, nausea and vomiting.

Headaches caused by digestive problems. Headaches accompanied by stomach, kidney, intestinal and gallbladder ailments. Sometimes linked with overindulgence of alcohol, food sensitivities and food additives.

Stress headaches. Pain runs from the neck to the top of the skull.

Tension headaches. These muscle contraction headaches cause mild to moderate pain from the neck to the forehead.

Sinus headaches. Inflammation of the lining of one of the eight sinus cavities can cause a deep, dull, chronic ache around the eyes, nose and head.

Anxiety headaches. Pain crosses the forehead.

HOW TO AVOID EYE STRAIN WHILE WORKING AT THE COMPUTER

REGULAR EYE CHECKING

EYES EXERCISING

PROPER LIGHTING

MONITOR CLEANING

DISTANCE ADJUSTING

GLARE REDUCING

**1 2 3
1 2 3
1 2 3**
FONTS SCALING

FREQUENT BLINKING

GLASSES WEARING

20-20-20 RULE

20 EVERY MINUTES

20 BREAK FOR SECONDS

20 LOOK AT FEET AWAY



Common Problem:	Solutions:
Eye strain from looking at monitor	Make sure the brightness is turned down on monitor. May also try an anti-glare shield.
Glare from external light sources	Make sure monitor/s and computer set up is perpendicular to a window and that a window is not directly behind or in front of you.
Eye fatigue or tension headache	Make sure to take frequent eye breaks. Try the 20-20-20 rule to prevent eye strain, eye exercises (see below), or massage.

Simple Eye Workout

1. Look up and hold for 3 seconds then look down and hold for another 3 seconds. Repeat 3 times in total.
2. Look right and hold for 3 seconds then look left and hold for another 3 seconds. Repeat 3 times in total.
3. Look to the top left corner of your eye and hold for 3 seconds. Look to the top right and hold for another 3 seconds. Repeat 3 times.
4. Rotate your eyeballs 3 times to the right and then 3 times to the left. Blink several times to relax.
5. Close your eyes tight and hold for 10 seconds. Relax.
6. Open your eyes wide and hold for 10 seconds. Blink repeatedly to relax and complete the workout.

Try these videos to relieve tension in your eyes and head!

1 Minute Eye Strain Relief Exercise:
<https://www.youtube.com/watch?v=RoIYAoAalmI>

5 Tips and Eye Exercises for Eye Strain Relief:
<https://www.youtube.com/watch?v=rPfCtJ1PX9I>

Simple Stretches for Tension Headache Relief:
<https://www.youtube.com/watch?v=nWNf6Khc9go>

7 Pressure Points to Relieve Headaches:
<https://www.youtube.com/watch?v=0NX1N6r17IY>

TIPS TO RELIEVE HEADACHES AT HOME

Eyebrow Raise

Raise your eyebrows, hold, count to five, relax and repeat 3-5 times. This stretches forehead muscles that are tightened by frowning.

Squint & Shock

Squint your eyes tightly and count to five. Next, open your eyes in shock and count to five. Repeat. This targets the orbicularis muscles and reduces frontal tension headaches.

Self Massage

Massage the back of the skull, neck, trapezius muscles (top of shoulder), temples and jaw for tension headache relief.

