OSHA Ranks Computer Vision Issues #1

The numbers of individuals affected by Computer Vision Syndrome are staggering. It is estimated that 150 to 200 million Americans, or 90% of computer users who use a computer longer than three hours per day are affected by computer vision syndrome.

OSHA has ranked it as the number one health-related office complaint. Furthermore, the National Eye Institute reports a 66% increase in the cases of myopia (nearsightedness) since the personal computer became mainstream 25 years ago.

To help reduce your eye strain, follow our **20-20-20 rule:**

- Take a 20 Second Break
- Every 20 Minutes
- Focus 20 Feet Away