



# Headaches & Eye Strain

## Avoid common issues that lead to pain!

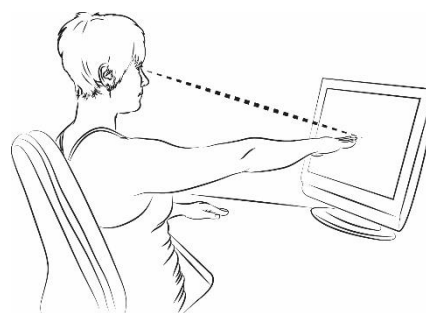
Constant screen use is now unavoidable and has led to increasing levels of neck pain and headaches. This quick reference handout shows common issues to be aware of and the easy no-cost changes that will help increase comfort, decrease pain and absenteeism and support your workplace wellness program.

### In the Environment

- **Natural Light**
  - **Problem** – Natural Light can cause glare on the screen
  - **Action** – filter window light with curtains or blinds
- **Room Lighting**
  - **Problem** – Overhead lights can be bright or poorly placed causing eye strain
  - **Action** – Dim room lights and use a desk lamp for paperwork
    - – With flashback on the desk, place an A3 sheet of think paper under the keyboard.
    - – You may need to lower screen if too high. High screens cause you to look towards the ceiling when working and gathering in a lot of ceiling.
- **Air conditioning**
  - **Problem** – a draft or feeling cold - muscles tense up when cold, leading to fatigue and tension headaches
  - **Action** – Have a light cover (e.g. cardigan, shawl) to use when needed.

### Office Ergonomics Adjustments

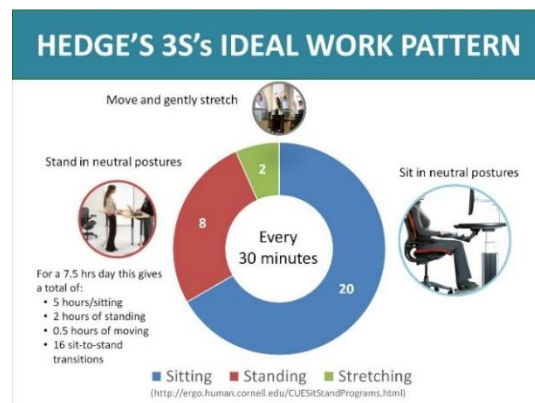
- **Screen**
  - **Problem** – Screen too high
  - **Action** – Check screen height
  - **Problem** – Screen too close
  - **Action** – Check screen distance
  - **Problem** – Screen too close
  - **Action** – Check screen brightness
  - **Problem** – Poorly placed screens
  - **Action** – Prioritise screen placement and ensure all are at the same height and distance
- **Chair height**
  - **Problem** – Chair set to low means you elevate your shoulder to work and then hold that position for extended periods
  - **Action** – Check chair height
- **Additional equipment on the desk**
  - **Problem** – the use of notebooks, reference material etc, can push mouse and keyboard out of your primary reach zone
  - **Action** – Check reach zone to avoid repetitive movements that cause big head bobs, especially with added neck twist.





### Behaviours to avoid

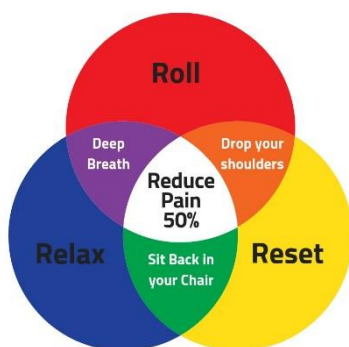
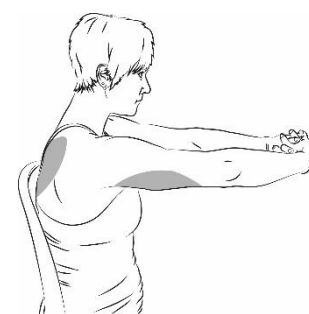
- **Time / Fatigue**
  - **Problem** - Sitting for too long
  - **Problem** – Looking at a screen for too long
  - **Action** – In every 30 minutes trying to
    - Sit for 20 min
    - Stand for 8 min
    - Stretch for 2 min



- **Stress**
  - **Problem** – Issues leading to both mental and physical stress occur at work and outside of work. Action -
  - **Action** – Use stretches and tension release habits to help manage stress and reduce muscle pain.

#### Roll-Reset-Relax

Take a moment to Roll – Reset – Relax and reset your posture.



- Feet flat on the floor,
- Sit Back,
- Roll Your Shoulders,
- Take A Deep Breath and
- Consciously Relax.

**Do your Roll-Reset-Relax regularly** to reduce upper body discomfort and headaches

- **Posture to Avoid**
  - **Problem** – Constantly looking at screens and glancing down at phones leads to a forward neck extension (Chook Neck)
  - **Action** – **Strive to have your ear over your shoulder and your shoulder over your hip.** Try this while sitting down.
    - Pull your spine to the sky
    - Chin down
    - Shoulders back
    - Arms behind your back

