

# MARCH 2019

Provided by: HUB International Limited (West)

## Preventing Digital Eye Strain

This March is Save Your Vision Month, and it is a great time to go over some tips for keeping your eyes healthy. Although smartphones, computers and other devices allow you to be productive and communicate in the workplace, their screens can cause your eyes to get irritated and lead to significant eyestrain.

Take a look at these five healthy vision tips that you can use to decrease the strain on your eyes:

1. Make sure to orient any computer screens and external monitors you use so they're at eye level.
2. When using screens, follow the 20-20-20 rule—every 20 minutes, look at something that's 20 feet away for 20 seconds. This gives your eyes time to relax and readjust.
3. See if the devices you use have the option to shift to warmer or more natural color tones that are easier on the eyes.
4. Clean your screens regularly so your eyes don't have to work harder to make out images.
5. Consider scheduling breaks with no screen time into your day if you notice your vision is getting significantly worse by the end of the day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<a href="#">Brain Injury Awareness Month</a> <a href="#">Bleeding Disorders Awareness Month</a> <a href="#">National Kidney Month</a> <a href="#">National Nutrition Month</a>				<a href="#">Problem Gambling Awareness Month</a> <a href="#">Save Your Vision Month</a> <a href="#">Workplace Eye Wellness Month</a> <a href="#">Spring Safety Campaign</a>	
					1 Employee Appreciation Day	2 <a href="#">Deadline to electronically submit OSHA injury and illness forms</a>
3 <a href="#">National Sleep Awareness Week (3-10)</a>	4	5 Mardi Gras	6 Ash Wednesday	7	8	9
10 Daylight Savings <a href="#">Patient Safety Awareness Week (10-16)</a>	11 <a href="#">Brain Awareness Week (11-17)</a>	12	13	14	15	16
17 St. Patrick's Day <a href="#">National Poison Prevention Week (17-23)</a>	18	19	20 First Day of Spring	21	22	23
24 <a href="#">World Tuberculosis Day</a>	25	26 <a href="#">American Diabetes Alert Day</a>	27	28	29	30
31						

HUB International Limited (West)

300 N. LaSalle St. 17th Floor Chicago, IL 60654

Tel: 800.432.2558 <https://www.hubinternational.com/>