

# The 20-20-20 Rule

To reduce eye strain

Every  
20 minutes...



...take a break  
for 20 seconds



...and look at an  
object 20 feet away



20 feet = 6.6 yards = 240 inches

***About 4 cubicles away***

“Computer Vision Syndrome (CVS)”, AKA “Digital Eye Strain (DES)” is one of the most common stress injuries in the workplace. It is caused by staring at a computer monitor for too long.

CVS/DES can cause blurred vision, headaches, neck aches, backaches, and dry or watery eyes.

**Your eyes deserve a break!**

