



WORLD  
2022 SIGHT DAY

# Love Your Eyes Work Pack

World Sight Day 2022

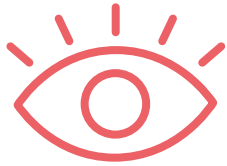
## **A NOTE TO THE READERS:**

This pack is designed to help you understand the importance of protecting your eyes at your workplace and highlights common hazards, causes for concern, best practices and safety checks. The pack highlights key facts about vision, eye health and work and has information on how to care for your eyes and what can interfere with good eye health in the workplace. The pack also has a checklist for you to consider getting your eyes examined by a qualified eyecare professional.

### **Disclaimer:**

This guide contains general information relating to eye health and is intended for informational purposes only. This information is not intended to be used as medical advice and does not guarantee any outcomes. Please do not use this information for diagnosing or self-treating any health or medical-related condition as this information is not a substitute for professional medical advice, diagnosis, or treatment. If you think you may have a medical condition or emergency, please immediately consult a medical or health professional for assistance.

## VISION FACTS



Good vision improves health and well-being at all ages.



Cataract or uncorrected refractive error accounts for most of the sight loss, both of which are treatable or preventable.



Almost everyone in the world will need eye care access in their lifetime.

**510** million

510 million people cannot see well at near due to uncorrected presbyopia, a condition that is caused by ageing, where we lose our ability to focus on near objects.<sup>2</sup>

**1.1** billion

Nearly 1.1 billion people are living with sight loss as they do not have access to eye care services.<sup>1</sup>



Majority of the eye diseases can be treated or their progression can be slowed significantly, if detected early.

<sup>1</sup> Bourne R, Steinmetz JD, Flaxman S, et al. Trends in prevalence of blindness and distance and near vision impairment over 30 years: an analysis for the Global Burden of Disease Study. Lancet Glob Health Published Online First: 2020. [doi.org/10.1016/S2214-109X\(20\)30425-3](https://doi.org/10.1016/S2214-109X(20)30425-3)

<sup>2</sup> Bourne R, Steinmetz JD, Flaxman S, et al. Trends in prevalence of blindness and distance and near vision impairment over 30 years: an analysis for the Global Burden of Disease Study. Lancet Glob Health Published Online First: 2020. [doi.org/10.1016/S2214-109X\(20\)30425-3](https://doi.org/10.1016/S2214-109X(20)30425-3)

# WHY CONSIDER **EYE HEALTH** IN THE WORKPLACE?

## • **Improve your workplace performance**

- Good vision and eye health is important to work better. A pair of spectacles can improve workplace productivity by 22%.<sup>1</sup>

## • **Maintain or improve your economic opportunities**

- Good vision can improve house-hold income, with one study showing 46% people moved up by an income bracket after cataract surgery.<sup>2</sup>

## • **Prevent sight threatening eye injuries**

- Eye injuries are an important workplace hazard and can lead to vision loss, decreased functioning, and socioeconomic costs.
- Almost 9 out of 10 workplace eye injuries can be prevented with appropriate safety eyewear.<sup>3</sup>
- The World Health Organization reports that every year, some 55 million eye injuries occur and restrict activities for more than one day.<sup>4</sup>

## • **Relieve eye strain and headaches**

- Digital Eye Strain, a group of eye related problems resulting from prolonged use of digital screens, is real and affects people of all ages. It can affect your productivity, if not managed well.

---

1 Effect of providing near glasses on productivity among rural Indian tea workers with presbyopia (PROSPER): a randomised trial. Crossref DOI link: [doi.org/10.1016/S2214-109X\(18\)30329-2](https://doi.org/10.1016/S2214-109X(18)30329-2)

2 Finger RP, Kupitz DG, Fenwick E, Balasubramaniam B, Ramani RV, Holz FG, Gilbert CE. The impact of successful cataract surgery on quality of life, household income and social status in South India. PLoS One. 2012;7(8):e44268. doi: 10.1371/journal.pone.0044268. Epub 2012 Aug 31. PMID: 22952945; PMCID: PMC3432104.

3 [aoa.org/healthy-eyes/caring-for-your-eyes/protecting-your-vision?sso=y](https://aoa.org/healthy-eyes/caring-for-your-eyes/protecting-your-vision?sso=y)

4 Négrel AD, Thylefors B. The global impact of eye injuries. Ophthalmic Epidemiol. 1998 Sep;5(3):143-69. doi: 10.1076/oep.5.3.143.8364. PMID: 9805347.

# ERGONOMIC CONSIDERATIONS IN THE WORKPLACE

Ergonomics makes the workplace more comfortable, safer, and efficient. A good ergonomic work set up can help increase productivity. If your work demands spending hours every day using computer screens, laptops etc., below are some tips for an ergonomic workplace set up which can help prevent digital eye strain and associated physical discomfort.

- Make sure that your prescription is up to date if you are advised to use corrective spectacles. Seek advice from your eyecare practitioner about spectacles that can help you focus specifically at computer screen distance if needed.
- Sit in a chair that provides support to the entire body and make sure that your feet are adequately rested on the floor.
- Place the computer screen slightly below the eye level such that the eye looks downward.
- The recommended placement of the screen is 15 to 20 degrees below the eye level.
- The top of the screen can be tilted away at an angle of 10 to 20 degrees.
- Position the screen at an appropriate place to avoid glare from room lighting and from windows. Windows can be blinded to avoid glare and consider using anti-glare filters on screen.

## The **20/20/20** rule

**20**  
minutes

**20**  
seconds

**20**  
feet

Once in 20 minutes, take a break from screen for 20 seconds and look at the object 20 feet away

- Helps eyes refocus for distance
- Helps the eyes to relax
- Reduce fatigue

- Keep your monitor and screen dust free to improve clarity of the viewing task.
- Do not bend or move closer to the screen to view/read. Consider increasing the font size of the letters in the monitor that can make viewing easier.
- **A note for laptop users:**
  - The design of a laptop limits ergonomics and can either present poor neck/head posture or hand/wrist posture.
  - Consider using external devices (monitor, keyboard, mouse), laptop riser and set up a workstation that meets the above guidelines. These can significantly improve or prevent discomfort to your eyes, neck, shoulder and back.



### How 'eye' safe is your workplace?

Consider protective eyewear, appropriate ergonomic support, prescription eyewear or a combination of the above if:

1. Your work demands using digital devices/screens for most of your working hours
2. Your environment exposes you to infrared/ ultraviolet or other harmful radiations
3. You work with chemicals
4. Your work area has particles, flying objects or dust
5. Your work involves handling blood and body fluids

# THE EYE HEALTH CHECKLIST

## Eye Health Wishlist for Workplaces

- ✓ Annual eye health checkup for employees.
- ✓ Appropriate ergonomic set up available.
- ✓ Protective eye wear that meets safety standards available.
- ✓ A first aid station and clear instructions and procedures for eye injuries.
- ✓ An annual eye hazard assessment and appropriate remedial actions.
- ✓ Employee education and awareness programmes promoting best practices and eye safety.

Regular eye check-ups will protect your sight and will also help identify any silent threats that might be on its way to cause trouble. Remember, early detection can help in better treatment outcomes. In addition to a healthy workplace, diet and habits, we recommend an eye test once every two years, or as advised by your eye care practitioner. Here is a checklist curated for you. If your answer is 'YES' to one or more of these items, please consider meeting your eye care practitioner at the earliest opportunity.

- Have not had an eye exam in the last one or two years.
- Are above 40 years of age.
- Already wearing spectacles and your eye power is high (High myopia) according to your eyecare practitioner.
- Have difficulty reading fine print at near, or letters from the keyboard of a laptop/mobile device.
- Have frequent headaches especially while doing close viewing tasks.
- Experience glare or sensitive to bright lights while driving at night.
- Get frequent dryness or eye irritation.
- See unusual black spots or shadows or sudden flashes moving in front of the eyes.
- Experience pain, redness and watering of the eyes.
- Does anyone in the family (parents/siblings) have eye conditions like glaucoma (increased eye pressure), macular degeneration (damage to the central part of the eye responsible for vision) etc.
- Have diabetes or hypertension.



## Red flags for urgent eye examination

### If you

- ✓ Experience sudden blurring or loss of vision
- ✓ Are in pain
- ✓ Have trouble moving eyes
- ✓ See coloured rings around light
- ✓ Have visible cut or injury
- ✓ Have blood in the clear part of eye
- ✓ See a foreign body in the eye that cannot be easily removed

 **HOW TO  
YOUR EYES**

 **YOUR EYES  
QUIZ**



#WorldSightDay  
#LoveYourEyes

[iapb.org/WSD2022](http://iapb.org/WSD2022)

