



MISSISSIPPI STATE UNIVERSITY™  
MS AGRICULTURAL AND FORESTRY  
EXPERIMENT STATION

# MAFES DAWG TRACKS

---

Have your eyes ever become tired or irritated? It could be from eye strain that often occurs from intense use such as long drives, fine detailed task without a break, or looking at a digital device screen for an extended time.

## Common Causes of Eye Strain:

- Activities involving extended focus
- Straining to see in dim light
- Exposure to bright light or glare
- Looking at digital device screens
- Reading for long periods of time
- Stress or fatigue
- Uncorrected vision or improper glasses
- Exposure to dry, moving air (fan, heater, a/c, wind)

## Symptoms of Eye Strain:

- Red, itchy or dry eyes
- Headache
- Difficulty concentration
- Blurred vision
- Strained back, neck or shoulders
- Increased eye sensitivity to light

While eye strain is uncomfortable, it is usually easily corrected by taking a break or changing your behavior or atmosphere conditions.

For more info contact:  
**Leslie Woolington**  
MAFES/MSU-ES Risk Mgmt.  
[LHW4@msstate.edu](mailto:LHW4@msstate.edu)  
662-325-3204

## Prevention Tips:

### **\*Avoid dry eyes.**

Blink. Sounds too simple, but people tend to blink less when using a computer, and this is key to naturally moistening your eyes. Use artificial tears to refresh your eyes if needed.

### **\*Fix your lighting.**

Avoid using a screen with a glare or reflection. There are screen covers available that will correct this.

Adjust the lighting in areas that are too dim or too bright.

When intensely focusing on a task, such as painting or reading, light should come from behind you.

### **\*Adjust you workstation.**

Keep screens about an arm's length away. The screen should also be at the level of your eyes or just below them.

If possible, fine tune your screen where there is distinct contrast between the text and background colors.

If you have frequent eye strain problems at work, let your supervisor know and offer suggestions that may help. Routine eye exams are also suggested, according to the Mayo Clinic, every one to five years depending on your age and other eye conditions.

---

## **Sources:**

[Safety Talk Ideas](#) | [Toolbox Topics](#) | [Safety Professional Resources](#)  
<https://www.mayoclinic.org/diseases-conditions/eyestrain/symptoms-causes/syc-20372397>