**WORLD SIGHT DAY 2023**

**THEME:** **"Love your eyes at work"**



World Sight Day is an International Day of Awareness, held annually on the **second Thursday of October.** This year, World Sight Day is observed on the **12th of October 2023.**

The World Sight Day 2023 theme is,**"Love your eyes at work".**

Job environments can be of different types, might be behind the work area or perhaps behind the wheel, but one common thing which requires protection is your eyes. When behind the desk, you are constantly facing the screen which results in eyestrain. Symptoms of digital eyestrain can include dry eyes, blurred vision and headaches. With more and more people regularly using laptops, tablets, smartphones and other digital devices as part of their jobs, you need to be vigilant in your efforts to protect your vision.

**1. Protection against Screens**

Although computers do not permanently damage your vision, long-term computer usage may cause headaches and make focusing difficult at times and contributes to eye fatigue. To help prevent **“Computer Vision Syndrome”**, try repositioning your computer screen so that it is at eye level and at least an arm’s length away from your face. Another simple tip which will be of use is by putting an anti-glare screen on the computer monitor that you are working on which will reduce the intensity of glare falling on your eyes.

**2. Take 20-20-20 Break**

Looking continuously at the screen can induce eye strain and other related eye issues which degrade vision over time. Recommended action is to use 20-20-20 technique – every 20 minutes, take a 20 seconds break and look at something 20 feet away. This greatly helps to relax the eyes and ease the eyestrain in the longer run.

**3. Use Safety Eyewear**

Protective eye gear is critical in protecting the eyes, yet many workers simply don’t – or won’t – wear them. It’s believed that many workers do not wear protective eyewear because they find them uncomfortable or they interfere with their work. Face shields, safety goggles and for some industries, full face respirators should always be worn where there is a risk of eye injury. Protective eye shields need to be adjusted to the individual in such a way that it ensures appropriate eye coverage and is comfortable to wear and work. The individual must be able to see clearly with sufficient peripheral (side) vision as a lack of peripheral vision can lead to other types of injuries or discomfort in work.

The determination of which eyewear to use will depend on the hazards involved in each activity and the regulatory requirements of that particular workplace or environment.

 **4. Maintain Proper Posture**

When sitting at a computer screen, try not to hunch forward or lean in towards the screen. There are apps you can download to remind you to sit straight every few minutes, or that use the camera on your computer to alert you when you start to slouch. If the font size is an issue, change the settings on your computer so you don’t have to lean in to read.

**5. Adjust the brightness & Font Size**

The brightness of your computer should be almost the same brightness level as the location you are working in. Having a screen that is too bright or dark can cause strain and allow future complications to develop.

The size of the fonts on your laptop or computer can often influence how our eyes feel. The smaller the font, the more strain on the eyes. This is due to the fact that smaller fonts require more focus while reading, causing your eyes to strain. So, while reading long documents, adjust the screen font as much as possible.

**6. Protection while driving**

In the event that your employment requires you to be always in the driver’s seat, and on the go, it’s vital to shield your eyes from the sun and ensure you’re shielded from long haul harm. Good quality Polarized sunglasses cut reflective glare when the sunrays bounce off surfaces such as pavement and roads and protects your eyes from harmful ultraviolet radiation.

The well-being of your eyes mostly depends on how well you take care of them, especially when you are at your workplace. If you suspect any problems with your eyesight, you should visit the eye specialists at the earliest to prevent further damage.

**7. Ensure proper lighting**

Glare is a major cause of eye strain. Glare on a digital screen is caused by harsh overhead lighting or light from windows, which are usually directly behind or in front of you. Position your computer/laptop screen to avoid glare and, if necessary, use drapes or blinds on windows.

**8. Stay hydrated**

Sufficient liquid intake is critical to the overall health of your body, including your eyes. You can keep your eyes from becoming dry and irritated if you stayhydrated.