"FOR YOUR EYES ONLY"

AdvanceMed Hanford
Occupational Health Services

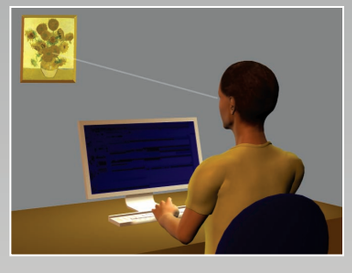
Vision is one of our most precious senses. Our eyes are in constant use every waking minute of every day.

Eye strain is a common physical complaint associated with many tasks including computer work. You can reduce eye strain by taking short, regular vision breaks to condition and relax your eye muscles. Try these simple exercises to give your eyes a break.

To view the interactive web program "For Your Eyes Only," please visit the AMH website:

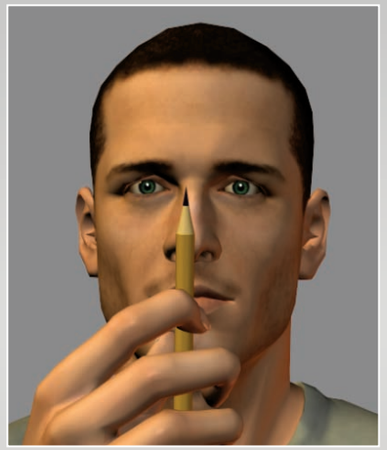
www.hanford.gov/amh

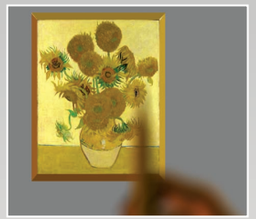
It's Your Health
Own It!
AdvanceMed Wellness



THE 20/20/20 RULE

After every 20 minutes of computer use, focus on something 20 feet away for at least 20 seconds.



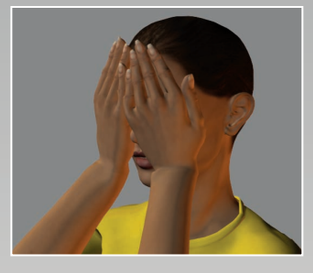


FOCUS ROCK

a. Hold an article as close to your eyes as possible so you can still see it clearly.
b. Then focus on something 10 feet away.
c. Refocus on the close article and back to the far target.
d. Do this periodically for up to 5 minutes a day.

EYE STRETCH

a. Look up at your eyebrow and make just your eye roll around in a very big circle, looking as far as you can in each direction.
b. Do this every few hours.



PALMING

a. Shut out the light by cupping your hands over your eyes. Try to focus on the blackness.
b. Do this for 1-3 minutes while taking deep breaths, several times a day.

THUMB ROTATIONS

a. Cover one eye with your hand. Hold other hand directly in front of your nose, elbow straight, thumb up. Look at your thumbnail.
b. Moving only your eyeball and your arm, move your arm upward, then outward and down to a point that it is level with the nose. Then move it to the starting point again. Your thumb should have moved in an outline of a quarter circle.
c. Repeat 4 to 6 times for each eye.

PENCIL PUSH-UPS

a. Hold a pencil 10 inches away from your face. Slowly bring it to your nose and stop before it appears to double.
b. Next, pretend there is a tic-tac-toe board in front of you and bring the pencil in from each box, moving only your eyes.
c. This will strengthen all of the muscles around the eye and help prevent eye strain, double or blurred vision.

The information presented is for eye health education. It is not intended as a substitute for regular eye examinations or the advice of an eye care professional.