If your job requires extensive close work with computer or electronic screens or small type in documents, you could experience eye strain. Your eyes may feel dry, gritty or tired. You might get headaches or blurry vision. Here are some tips to help with workplace comfort.

1) Sit at arm's length
Sit about 25 inches from the screen and position it so that your gaze is slightly downward.

2) Reduce glare
Light the surrounding area well so that light is dispersed around the screen instead of shining directly on it. Close blinds against excessive sunlight. Adjust the extra-brilliant illumination on your screen with the contrast control.

3) 20-20-20
To relax your eyes, shift your gaze every 20 minutes to look at an object 20 feet away for 20 seconds.

4) Blink
Normally people blink about 18 times each minute. But studies show we blink about half as much when focused on computer screens. Put a Post-It note on your monitor as a reminder to blink more often.

5) Take breaks
Take regular breaks from the computer screen. Get a cup of coffee, take a short walk or just close your eyes for a few minutes. A warm cloth over your closed eyes can also provide temporary relief.