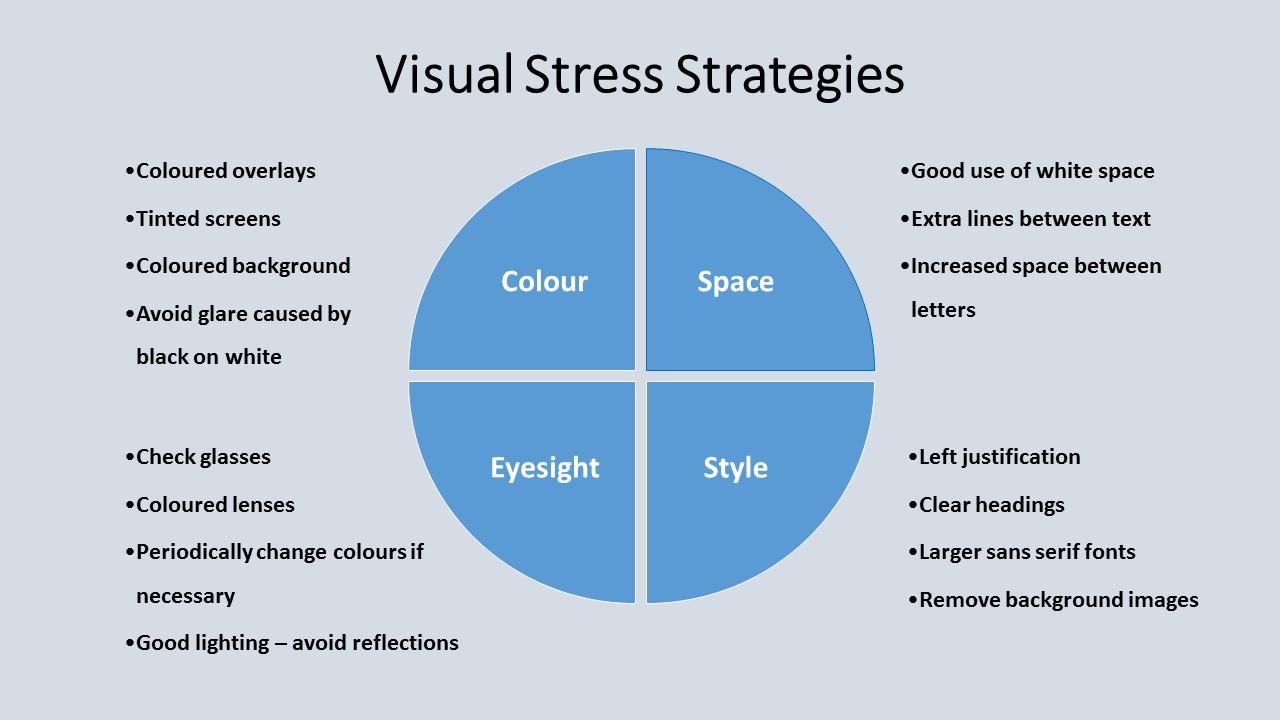
# **Visual Stress Strategies**



## Colour

* Coloured overlays
* Tinted screens
* Coloured background
* Avoid glare caused by black on white

## Space

* Good use of white space
* Extra lines between text
* Increased space between letters

## Eyesight

* Check glasses
* Coloured lenses
* Periodically change colours if necessary
* Good lighting – avoid reflections

## Style

* Left justification
* Clear headings
* Larger sans serif fonts
* Remove background images

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