What is another name for digital eye strain (DES)?

Computer Vision Syndrome (CVS) (Correct)

Electronic Visual Fatigue (EVF)

Optic Nerve Exhaustion (ONE)

Screen Fatigue Syndrome (SFS)

Digital Eye Strain is also referred to as computer vision syndrome (CVS)

How could you get digital eye strain?

Staring at a screen for too long (Correct)

Not wearing sunglasses outdoors

Reading a book for too long

Eating carrots excessively

The screen would cause digital eye strain while the other options may result in regular eye strain. And carrots help your eyes as they say, with the vitamin A and all.

Which of the following is NOT a symptom of digital eye strain?

Muscle pains (Correct)

Blurred vision

Light Sensitivity

Teary eyes

Symptoms can include tired, burning or dry eyes, tearing, light sensitivity, blurred or double vision and trouble focusing at objects in the distance.

Who is more likely to be at risk of digital eye strain?

A programmer (Correct)

A doctor

A chef

A musician

Remember, digital eyestrain is caused by screens, and a programmer needs to always use a screen while the others only do occasionally.

How would you treat digital eye strain?

Using eye drops for dry eyes (Correct)

Eliminate blue light

Applying heat packs to the eyes

Rubbing the eyes vigorously

To treat digital eye strain means you already have it and should look at how to help with the symptoms while eliminating blue light will help ‘prevent’ it.

How should your environment be like to avoid digital eye strain?

Screen and room brightness should be equal (Correct)

Dim lighting conditions

Harsh overhead lighting

Using a bright desk lamp

Your lighting should be adequate, dim lighting may cause you to need to squint causing eye strain and bright lights may too.

You should look at an object \_\_ away for \_\_ every \_\_.

20ft, 20 seconds, 20 minutes (Correct)

1m, 1 seconds, 1 minutes

20ft, 10 seconds, 5 minutes

far, a bit, so often

Remember, it is the 20/20/20 rule!

What about screens affects your sleep schedule?

Blue light being emitted (Correct)

Screen resolution

Screen size

Screen brightness

The brightness, size and resolution may lead to digital eye strain but it is the blue light that affects sleep.

When should you limit your exposure to blue light?

In the evening (Correct)

In the morning

The whole day

Around midday

Since blue light affects sleep, reducing exposure near when you do is best.

How can you lessen the effects of blue light?

Specialised software (Correct)

Turning up screen brightness

Staring at screens for longer periods

Wearing red-tinted glasses

There is special software that will reduce it and red-tint likely won’t help unless it’s specifically designed to reduce blue light.

How can you NOT develop physical pain from using technology?

Holding your phone level with your face (Correct)

Holding your phone above your head

Hunching over at the desk

Having a screen at 90 degrees

Keeping your phone around eye level is best and the other options will all impose some strain to the neck.

What causes the physical pain while working at a desk?

Likely bad posture (Correct)

Ergonomic furniture

Standing too frequently

Having elbows on the desk

The pain comes from not sitting properly or for too long.

How can you reduce the risk of muscle pain from technology use?

Stretching often (Correct)

Taking breaks at your desk

Using uncomfortable chairs

Ensure adequate lighting

Stretching often while standing up helps to reduce the pain and risk of pain.

How often should you stand up from your desk?

Every 30 minutes (Correct)

Every 2 hours

Every 4 hours

Only when necessary

It’s best to stand up every 30 minutes and not sitting longer than 1 hour at a time without break.

If you are using a second screen, what is the best placement of it?

Level with your eyeline (Correct)

To the left of your other screen

To the right of your other screen

In a completely different room

The screen being on other side of your main one does not matter so long as it is within eye level and you are not turning your neck too much to look at it.