

L1BC-Social Care

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With the rise of technology, people rely on technology more, especially computers to perform their work and assignments. Sometimes, people can spend hours non-stop just staring at the screen. This automatically results in the eye blinking less, as such could produce undesirable symptoms such as eye fatigue, dry eye, blurry vision, and headaches. Medical experts have recommended using the 20-20-20 rule to reduce eye strain, which is looking at something else 20 meters away for 20 seconds every 20 minutes.