



Healthy Eye Environment

Creating an environment that promotes and supports good vision is important in ensuring good eye health.

Here are some features of a good 'eye health' environment.

- Lighting is at a good level and is even (*that means no really dark areas or extra bright areas*).
- Regular breaks from reading are provided to give eyes a rest.
- Computer sessions are limited and always include short breaks. This means a five to ten minute break every hour.
- Computer monitors are positioned at, or slightly below, eye level. This could mean tables at the correct height or having chairs that are adjustable.
- The font on computer screens is an appropriate size for everyone to read or can be easily adjusted.
- The colour of writing (*on a computer screen or whiteboard*) is appropriate and able to be read by everyone.
- Lots of time for outdoor play. This should be varied and include games, climbing, exploring, building and general play.
- Screen time (*television, movies or video games*) is limited to two hours at a time and seating is as far back from the screen as possible.
- Glare and reflections from windows are reduced or eliminated (*while still maintaining adequate light*).
- Sunglasses and broad-brimmed hats are worn outside to protect eyes from UV exposure.
- Lots of fruit, vegetables, nuts and fish are eaten as these contain nutrients, such as antioxidants, Vitamin A and Omega 3 fatty acids, which are all important for eye health.
- Regular visits to the optometrist are encouraged, as many eye problems are easy to correct or treat if detected early.