Eye strain as a result of computer use

In the 20th century, technology is at an all time high in the world. This technology includes research, computers, medical advances, social networking, and a vast variety of other things. Among the advanced technology is a breakthrough of computer use. Almost everyone at some point in their day is using a computer for one task or another. Computers have taken the world and reshaped the possibilities of ideas and dreams in the past decade. Millions of people have made computers a part of their everyday lifestyle, to the point where they don't have to think about using one.

So in this paper i'm going to talk to you about the eye strain as a result of computer usage. The work on the computer can ran range from five minutes a day to eight hours a day depending on the type of job or lifestyle a person has. Today the people of Newfoundland use computers for school, homework, research, jobs, even CDLI classes, plus the extra at home usage. This could include one to three hours a day doing online classes, a assignment (because nobody uses books anymore), social interaction with the world, or just leisure time. The field is open to just about anyone.

Often overlooked are the students that use computers on a daily basis. Almost all students, collage, university or grade school depend on the use of computers whether it be for fun or recreational use. Sometimes the convience of using computers comes with a high price to pay. The National Institute of Occupational Health and Safety (NIOSH) states that eyestrain is the leading problem in computer use. This even includes such common problems as carpal tunnel syndrome. Eyestrain and eye fatigue lead to many

other complications if it is a continuous problem. One of these problems includes myopia (near sightedness) .

There are many ways of relieving eye fatigue and helping the symptoms of this. These problems can be onset in younger years when children are in school. Since most schools in the country are using computers as a main source of education, eyestrain can be a linked to nearsightedness. There are many options people or companies have to improve the conditions under which the person is working. Eyestrain is defined as blurred or double vision, burning, irritation, headaches, gritty eye sensation, eye fatigue, neck and shoulder pain, color perception change, decreased visual efficiency, more frequent errors and reduced efficiency.

Eyestrain is also known as asthenopia. It simply means visual strain. Doctors also said that 88% of heavy computer users experience these problems. I myself experience these quite often. Dr. Boomer suggest that eye fatigue is often caused by the eye muscles becoming tired much like other muscles in our body. Once these muscles tire, the symptoms start to occur. The same as working out in a gym, and your muscles start to cramp. If the computer usage is continued daily, the visual strain will become part of the visual routine while working at the computer.

Problems can occur from eyestrain if it is not recognized. Most of these problem are not long-term effects but do need consideration when working to improve the conditions. Eyestrain is developed from looking at a visual display terminal for amounts of time that your eyes are not accustomed for doing. A researcher mentions that many computer operators have reported

seeing color changes while working. This is due to the color after effect. Much like when exposed to snow, and then going inside, you can't see much because youre eyes have adjusted to the outside conditions.

It is also known as the McCollough effect. While using a computer we are continuously watching a screen that flickers. This interaction also produces the symptoms of eyestrain. Myopia is a common side effect of eye fatigue and strain. Myopia is also commonly known as having nearsighted vision. As the word explains, you see clearer when things are close to you. Dr Paulmer indicates that the ciliary muscles focus the lens while the eye shifts to different spots and distances. While reading or doing nearwork our lenses are contracted therefore causing tiredness.

Once near work is done, at the end of a work day, the lens is generally unable to contract and relax, so the lens is basically stuck. Often the case is that the user of the computer is already near sighted. This increases the chance of the condition worsening if the doctor doesn't know about the users work environment. During a eye exam the user should make the environment and computer usage aware to the doctor. Most of the time, the doctor will prescribe glasses to improve the myopia. Many companies and computer software technicians are trying to combat this issue of eyestrain and fatigue.

It has been studied in many different settings. They have come up with very productive ways of effectively relieving some of the symptoms that cause eyestrain. These symptoms include glare, the monitor itself, lighting, vision, position of the screen, and even taking eye breaks. Here are some of the

techniques that researches have come up with to help prevent eyestrain. Many researchers have found that if you put a mirror in front of the computer, then it will help direct you to the source of the glare. To reduce glare radiating from a computer it is suggested not using fluorescent lighting.

Computers shouldn't be placed on high finished tables either. The low-shine helps eleviate glare as well. Also, terminals shouldn't be near windows. If that isn't possible then the windows should be covered with vertical blinds. There are many ways to help reduce the eye fatigue you might experience throughout the day. One way is to scan long distances for a few seconds every so often. You can apply pressure with your fingers to check ridge just below the eye, press at the outside corner of the eye, and press on the ridge of nose where the eye connects.

Another suggestion is to do eye exercises. This involves closing you eye and moving them in a right to left direction and an up to down direction. Doing this different times of the day will also help. Regular check ups with the ophthalmologist will also aid in the prevention of eye strain. Students use of computers are a daily activity in many schools, and at home. This is to keep up with the fast moving world of technology, research, and science. Researchers have come to an agreement that this could actually be harmful, if not properly managed, for the children of our future generation.

The question of today is if it puts our children's vision at risk for the problems we see in adults. Students with low vision have even a harder time with the use of computers due to the effects of eye strain. If our advances keep

reaching new heights then researchers will have to be aware of these problems facing the youth and try even harder to correct the problems. In conclusion eyestrain and asthenopia are growing obstacles facing the computer generation of today and tomorrow. The good news for computer users is that there are not long-term effects to contend with.

The most permanent effect is the result of myopia due to the close work that is done. Myopia is very common for people, not only computer users. It is enhanced by the use of computers. The correction of lighting, glare, monitor distance, eye exercises, and vision checkups with all help the symptoms that accompany eyestrain and fatigue. To help fight this problem with the future of tomorrow parents and teachers need to keep a check on the children and the amount of work they are doing on computers.

Today's world is bombarded with circumstances that need the help of a computer. It's almost impossible to do anything without the help of a computer. Its actually crazy how much we rely on computers for everything. With this in mind, maybe the eye problems the public faces will be less traumatic with the knowledge to help, through the use of a computer. So remember computers may not cause permanent damage, but please take a break every now and then a look away so your eyes don't hate you.