Renewed Vision

Eyesight enhancement for computer users

Vision Statistics and their sources

Vision problems at the computer are often not painful and usually take years to develop. Signs of a vision problem may start with the irregular headache, minor neck and shoulder pain, or an occasional lapse in concentration. **A study by the National Institute of Occupational Safety and Health in America found that over ninety per cent of those surveyed reported eyestrain and other visual problems associated with the computer.**[1]

The American Optometric Association supported this in a survey reporting "that between 50 to 75 per cent of all VDU workers report eye problems"[2]

Studies have already shown that vision problems and symptoms associated with the use of the eyes are "the most frequently occurring health problems among VDT (Video Display Terminals) users".[3]

The National Society of Optometrists in Australia statistics in 1979 showed that over 50% of the population over fifteen years of age wear some sort of corrective lenses (85% for people over 45).[4] This figure has increased over the past twenty years because of an aging population, increased computer use and greater acceptance of glasses as a fashion statement. By 1995, over fifty per cent of the total population now needed corrective lenses.[5]

…**computer users are more likely to have eye related stress than non-computer users.** It is important that eyesight be tested by qualified practitioners at least every two years. A preventative approach should also be adopted so that stress among computer users is reduced.[6] Cumulative Trauma Disorders, which are caused by repeated stress to a body part, represented about 62 per cent of all new occupational illnesses in 1992.[7]

1991 survey of optometrists : 8 million people are showing up each year in America at their eye doctors complaining of VDU related problems[8]

Eyes register about 36000 visual messages each hour
About 58% of Americans (143m) wear some form of vision correction[9]

For further details and support for your workplace, contact Eye Power at:

☎   **03 5342 4714**   ▪   **0407 530 120**   ✆   **barry@eyepower.com.au**

[1] Anshel Dr J. *Healthy Eyes Better Vision*, Summerlin Publishing Group, USA, 1990 p177
[2] Sussman M. *Total Health At The Computer,* Station Hill, New York, 1991. pp 3
[3] Sheedy J. O.D. Vision problems at video display terminals. *Journal f the American Optometric Association.* Vol 63 No 10 10/92 p687
[4] Australian Bureau of Statistics *National Health Survey: summary of results* ABS Catalogue 4338.0, Feb-May 1997.
[5] Australian Bureau of Statistics *National Health Survey: summary of results* ABS Catalogue 4364.0, 1995. p27
[6] O'Mara N. "Occupational Stress and VDU Usage" in *Human Resource Management Australia* May 1988. P43
[7] Dessoff A "What's Wrong With Your Workstation?" in *Safety and Heath*, October 1995. p60
[8] Sussman M. *Total Health At The Computer,* Station Hill, New York, 1991. pp 3
[9] Anshel Dr J. *Healthy Eyes Better Vision*, Summerlin Publishing Group, USA, 1990 p43 / 34