

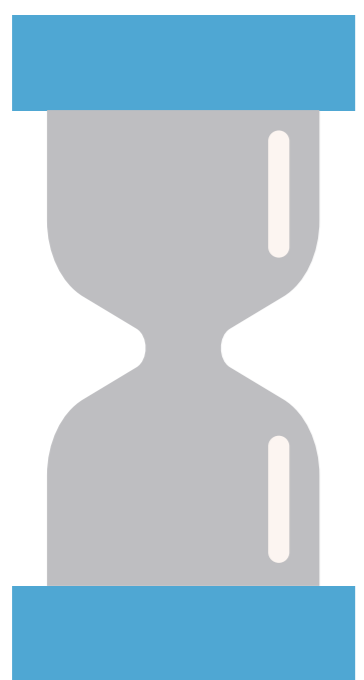
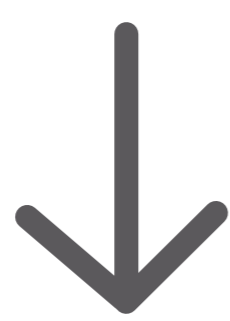
# EYE STRAIN STRATEGIES



**20**

MINUTES

Take a break from your screen every 20 mins



**20**

SECONDS

For 20 seconds



**20**

FEET

Look 20 feet (6 metres) away



For more information regarding work, health and safety in NSW

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