EYE SAFETY

THE **20-20-20** RULE

to reduce the effects of digital eye strain

EVERY
20
MINUTES
look at something
20
FEET AWAY
for
20
SECONDS
TO PREVENT
EYE STRAIN.

Every 20 minutes, take a break for 20 seconds and look at something 20 feet away

SACRAMENTO STATE
Risk Management Services

Safety Hotline - x82020