

## Screen use and your eyes

**How to take care of your eyes when using computers, tablets and phones.**



Easy read guide



Lots of people use computers, tablets and phones every day.



These screens can affect your eyes.

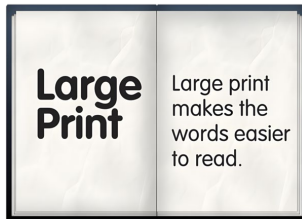


This guide tells you how to look after your eyes when looking at screens.

# When using a screen



**1.** Blink your eyes regularly.



**2.** Make your text size bigger if you're struggling to read it.



**3.** Face your screen away from a window to stop glare.



**4.** Have your screen below eye level.



**5.** Wear your glasses if you are supposed to.



**6.** Give your eyes regular breaks.



When you look at a screen for a long time, your eyes can get tired.



Look away from your screen every 20 minutes.



Look at something far away for 20 seconds, like a tree or a house.



This lets your eye muscles to have a rest.

## When to speak to your optician



Go for your eye test every year if you have learning disabilities.



Speak to your optician sooner if:

- Your vision becomes blurry



- You start getting headaches



- Your eyes start aching



If your eyes get dry you can use eye drops.



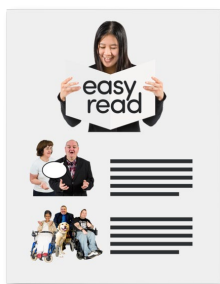
Ask your optician or chemist which drops are best for you.



You can find an optician on the SeeAbility website at [www.seeability.org/findanoptom](http://www.seeability.org/findanoptom).



If you take regular breaks and look away from the screen you will not harm your eyes.



You can read our guide on [looking after your eyes.](#)



[www.seeability.org](http://www.seeability.org)



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