

# 4 lighting tips to make working more comfortable

1.

**Glare can cause back strain?** Yes it's true! When the lights in your office are at the wrong angle, you may have the tendency to adjust your posture to get a better view. Become mindful of how you are sitting and why.

2.

**Take 10 20.** To give your eyes a much needed break, optometrists recommend following the "20-20-20" rule: For every 20 minutes you stare at your computer, look at a distant object (at least 20 feet away) for 20 seconds.



3.

**Shed some light on the subject.** Incorporate a task light to mitigate any shadows. Position them 15 inches above your worksurface.

4.

**Take your natural light on the side.** To avoid glare from nearby windows on your computer screen, position your desk to the side of the window - not in front or behind it.