



MOVING & HANDLING
AWARENESS DAY

11th
June

DID YOU KNOW...

British adults spend almost 7½ hours a day on screens.

With prolonged screen use and other close-focus tasks, eye strain is increasingly common. The good news? Small, simple actions can make a big difference.



Want to learn more and see how you can help reduce these numbers? Visit www.nationalbackexchange.org or scan the QR code.



Supporters:



What can you do?



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✓ Follow the 20/20/20 rule

Every 20 minutes, look at something 20 feet away for 20 seconds.

This applies to screens and other focused activities such as reading, writing or detailed work.

✓ Blink more than you think

We normally blink around 15 times per minute - but this can drop to 5-7 times when using screens.

Blinking helps prevent dryness and irritation.

✓ Reduce glare and adjust brightness

Match screen brightness to your surroundings and position screens to avoid glare.

Your eyes shouldn't have to work harder than necessary.

✓ Support eye health through nutrition

A balanced diet supports eye health. Key nutrients include vitamins A, C and E, lutein, zeaxanthin and zinc.

✓ Build in reminders

Set a timer or use a 20/20/20 eye-care app to prompt regular breaks.

Looking after your eyes supports comfort, concentration and long-term wellbeing - at work and beyond.



Source: Institute of Practitioners in Advertising, 2025. Brits spend more time on their mobiles than watching TV set for the first time; American Academy of Ophthalmology, 2025. Computers, Digital Devices, and Eye Strain; Royal National Institute of Blind People, 2025. At work: office work and computer use.