

Name: \_\_\_\_\_ Grade: \_\_\_\_\_



# Eye sight

Fill in the blanks with the correct word.

Many of us spend hours every day working at a computer. As a result, eye (1) \_\_\_\_\_ and blurred vision are common complaints.

Most people also blink less frequently when they are concentrating, resulting in poor tear production, which can (2) \_\_\_\_\_ the eyes.



Here's how you can change your computer use and ease your (3) \_\_\_\_\_:

- adjust your computer screen so that it is 50- (4) \_\_\_\_\_ cm from your eyes, just below eye level
- adjust the (5) \_\_\_\_\_ to eliminate any very bright lights
- take frequent (6) \_\_\_\_\_, blink often to stop your eyes becoming dry, and let your eye muscles relax by looking into the (7) \_\_\_\_\_ every 15 minutes.

Remember: if a problem continues, see an (8) \_\_\_\_\_.