

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) _____.