Computer Vision Syndrome Safety Brief

According to the American Optometric Association (AOA), more than 10 million Americans suffer from a collection of symptoms labeled "Computer Vision Syndrome," (CVS), with some studies putting the number closer to 15 million U.S. workers affected. AOA and National Institute for Occupational Safety & Health (NIOSH) figures indicate that nearly 90% of the 70 million U.S. workers using computers more than three hours a day now experience some type of eyestrain and vision problems. In one year alone, more than 12 million people visited their eye doctors with serious CVS symptoms, at a cost to health plans of more than $2 billion, according to AOA estimates. These figures can only continue to grow as…