

# Vision/Light Sensitivity

Your vision is at its best when you are 10 years of age. From there it slowly begins to change, first appearing in the mid 40's and then periphery/depth of field changes begin to show up in the 60's.

There can be a need for adjustment time when moving from dark to light and light to dark areas.

There is a decreased ability to discriminate contrast and color.

Uniform lighting is best and will help all workers.



Which can you read best?

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## Some workplace solutions:

Lighting levels should be designed to fit the task as well as the worker's needs. This can often be accomplished inexpensively.

Position gauges and displays well. Adding color contrast is a great help.

Reduce and eliminate glare.

Computer monitors have software already built into them that will allow many types of screen adjustments—contrast, magnification— to fit the worker.

## Some individual solutions:

Know that your eyes are changing and incorporate that into your work habits.

Take additional care when moving from dark to light and light to dark areas.

Be proactive and have your vision checked on a semi-annual basis.

If available, utilize your company's wellness program.