

# FOLLOW THE 20/20/20 RULE

In and outside of the workplace, from tiny laptop screens to the biggest televisions, we spend our days staring at screens. But digital eye strain is becoming an increasingly bigger problem.

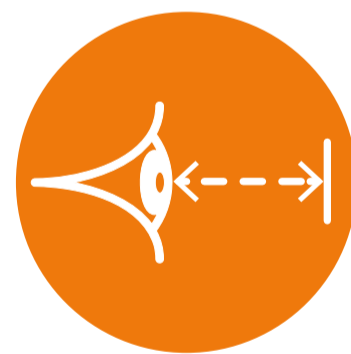
A break of 20 seconds every 20 minutes can save your eyes and body from unwanted strain and pain.



Once every  
**20 minutes**



Take a break from  
the screen for  
**20 seconds**



Look at an  
object  
**20 feet** away