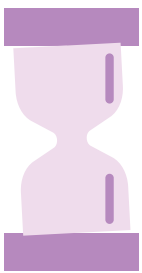


# Eye strain strategies



**20**  
MINUTES

Take a break from your screen every 20 mins



**20**  
SECONDS

For 20 seconds



**20**  
FEET

Look 20 feet (6 metres) away



Scan the QR code to access our WHS online training

Visit: [eml.com.au/mutualbenefits](http://eml.com.au/mutualbenefits)

