



Video Displays, Work, and Vision

Panel on Impact of Video Viewing on Vision of Workers, Committee on Vision, Commission on Behavioral and Social Sciences and Education, Division of Behavioral and Social Sciences and Education, National Research Council

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Along with the widespread use of computers have come growing fears that working in front of video display terminals (VDTs) can irritate and even damage the eyes. Separating scientific fact from popular opinion, this report takes a critical look at the link between VDT use and eye discomfort and disease as well as at changes in visual performance and oculomotor function. Drawing on information from ergonomics, illuminating engineering, and industrial and organizational psychology, the report gives practical advice on optimal workstation design to improve the comfort, performance, and job satisfaction of VDT users.

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