

# INSTRUCTIONS FOR VISUAL HYGIENE

1. Do all nearpoint activity at Harmon distance or slightly farther. This is the distance from center of middle knuckle to center of elbow measured on the outside of the arm. At this time your reading distance is \_\_\_\_\_.
2. Be AWARE of space between self and the page when reading. Also, be aware of things around and beyond the book.
3. When reading, occasionally look off at a specific distant object and LET its details come into focus. Maintain awareness of other objects and details surrounding them. Do this at least at the end of each page.
4. When studying, place a bookmark three or four pages ahead. Get up and move around for at least one minute each time you reach the bookmark.
5. Sit UPRIGHT. Practice holding your back arched while you read and write. Avoid reading while lying on your stomach on the floor. Avoid reading in bed, unless sitting reasonably upright.
6. Provide for adequate general illumination as well as good central illumination at the near task. The illumination on the task should be about three times that of the surrounding background.
7. Tilt the book up about  $20^\circ$  (this slopes up about four inches in 12). A tilt-top for the desk can be made by screwing two door stops to the back of a piece of 1/2 inch plywood or a drawing board, and two rubber knobs to the near end so it doesn't slip off the desk. This can be used for reading, studying, writing. It usually enables working farther away from the task than when the task is flat on the desk.
8. Do not sit any closer to TV than six to eight feet, and be sure to sit upright. Maintain good posture.
9. When riding, avoid reading and other near activity. Encourage looking at sights in the distance for interest and identification.
10. Encourage outdoor play or sports activities that require seeing beyond arm's length.
11. When outdoors, sight a distant object at about eye level. At the same time, be aware of where things are on all sides.
12. Walk with head up, eyes wide open and look TOWARD, not AT objects.
13. Become very conscious of the background of the objects you look TOWARD, be it a person, print on a page, an electric sign, the TV, or any other object.