



Work Life 16/10/2017

Everything in view at the computer work station

Why special reading glasses can make your work easier

Reading spectacles are often not ideal for desk work. You can see everything clearly when reading documents, but when a colleague walks through the door you cannot quite recognise him/her or you have difficulty looking back and forth between your documents and your discussion partner during a big meeting. So what spectacles are right for presbyopia sufferers who work in front of a screen?

The computer has become a constant companion in our working environment. Frequent screen work is also very demanding on the eyes.

We often sit at our computers in a permanently tense state and grant our eyes very little relief. This can result in neck tension, headaches and red, watery eyes. For those who also suffer from [> presbyopia](#), a condition that adversely affects both short and long distance sight, there is the additional problem of choosing the right spectacles to facilitate working in a more relaxed manner.

Which spectacles are best for this application? Many people initially reach for their reading glasses when they have to do computer work. The door opens; your colleague is standing in the doorway and asks you a question. Now your glasses interfere with your longer range vision and you cannot see him/her clearly. At that moment, you might peer over the spectacle frame and tense up as well.

Universal-[> varifocals](#) are not the perfect solution for the workplace either. They may allow you to see clearly at different distances, but the visual field for the near and medium range is often too small for prolonged close-up work and permanently strains the eyes. What to do?

Talk to your optometrist about enhanced reading spectacles with special varifocal lenses. There is an intelligent solution for continuously clear vision for short to intermediate distances, a solution that is specifically coordinated for the visual demands at the workplace. The combination of reading spectacles and varifocal lenses combines the different sight requirements of desk bound work.



Benefits of enhanced reading glasses:

- ✓ Ideal for a large, consistent close-up range.
- ✓ Wider, more harmonious field of vision for intermediate distances as well.
- ✓ Positioning of the transitions between both fields for comfortable head and body posture.
- ✓ Increased comfort not only at work, but also when your glasses are used to supplement your varifocals, e.g. for hobbies such as cooking or handicrafts.

Benefits of varifocal lenses for work stations with screens:

- ✓ Extremely wide intermediate and close-up range.
- ✓ Ideal for clear and continuous vision in the entire room up to 4 m.
- ✓ Clearer overview without straining head movements.
- ✓ Perfect for computer work as well as for handicrafts and hobbies

Not only will your eyes be grateful for the relief – you will also be more relaxed while doing administrative work at the office.

The ZEISS Online Vision Check

How well do you see contrast and color? Check your vision quickly and simply here!

[Start Eyesight Test Now!](#)

What else you should keep in mind to make your computer work less taxing on the whole body

An ergonomic sitting posture at the screen and the correct parallel arrangement of the monitor, keyboard and documents are particularly important for fatigue-free and comfortable vision at a computer work station. A couple of handles or a new chair can often help make work less straining.

Make sure that your screen has the highest possible refresh rate and image stability. Adjust your monitor so that the picture is rich in contrast and sharp. Also adjust the font size so that you can

read the text easily and comfortably.

Our tip: Also consciously relax your eyes every now and then during a long work day on the computer. Allow your eyes to wander around the room, look out a window, massage the area around your eyes and close your eyes briefly from time to time to regenerate them. We hope that these tips will help you keep the stress of your eyes and wish you great success at your job!

My Vision Profile

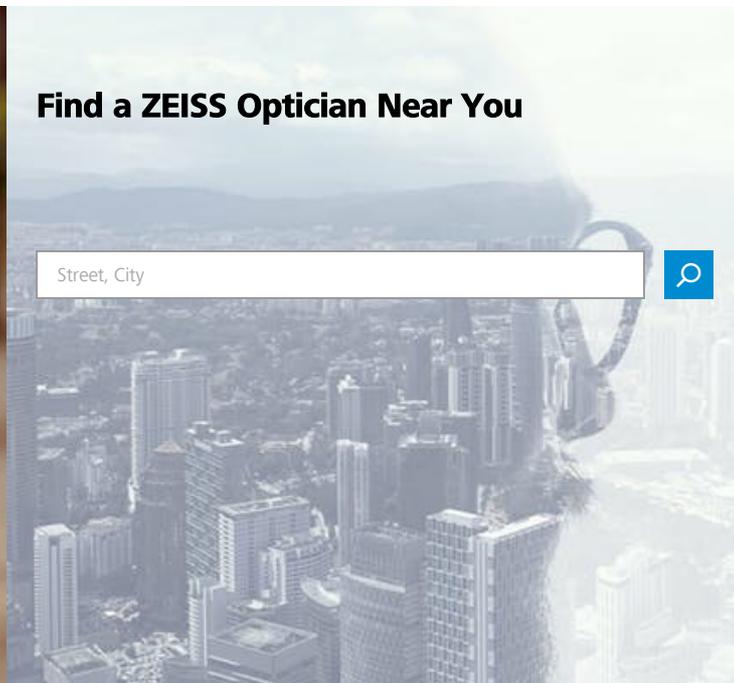
Determine your personal visual habits now and find your individualised lens solution.

[Check Your Vision Profile Now!](#)



Find a ZEISS Optician Near You

Street, City



Related Articles



Spectacles for managers – top quality lenses and frames with great customised visual comfort

Respectability, elegance and maximum functionality – spectacles for people in managerial positions have a lot to live up to.



Spectacles for pilots – perfect vision even above the clouds

Whether professional or amateur, pilots need spectacles that allow them to see clearly, even in extreme lighting and weather conditions.



Better vision and more comfort at work

The new ZEISS office spectacle lenses give you more relaxed vision, whether you work at a desk, computer or a manufacturing machine.



Whether you're a dentist or a beautician - enjoy perfectly sharp vision with professional spectacles

Some activities demand exceptional spectacle lenses that deliver more. State of the art technology from ZEISS helps you to see perfectly, even at a microscopic level.

Work Life 16/10/2017
Tags: Office and Computer Lenses

Work Life 16/10/2017
Tags: Office and Computer Lenses

Work Life 16/10/2017
Tags: Office and Computer Lenses

Work Life 16/10/2017
Tags: Office and Computer Lenses,
Magnifying Visual Devices

Related Products



Office Lens Portfolio
Better vision for work and leisure

[Learn more](#)



DuraVision BlueProtect
The lens coating with a blue-light filter.

[Learn more](#)



Explore

Understanding Vision
Health + Prevention
Lifestyle + Fashion
Driving + Mobility
Sports + Leisure
Work Life

Help me choose

Distance + Reading Glasses
Varifocal Lenses
Sunglasses
Working Glasses
Sports Glasses
Glasses for Children
Lens Coatings
Contact Lenses

Services

My Vision Profile
Online Vision Check

For Eye Care Professionals

Instruments + Technologies
ZEISS Spectacle Lenses
ZEISS Cleaning Solutions

