

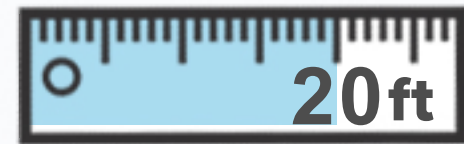
20-20-20 RULE



Every 20
minutes



Take a 20
second break



And look at
something
20 feet away



ALL ABOUT VISION