

What is the advice from Health and Safety Authorities on eye blinking during VDU work?



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- The Health and Safety Executive (HSE) has revised its leaflet for people who work with visual display units (VDUs), and their employers.
- INDG36: Working with VDUs (revision 3)
- accessed at www.hse.gov.uk/pubns/indg36.pdf



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- **INDG36: Working with VDUs (revision 3)**
- “ try blinking more often”



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- **Approved Codes of Practice (ACOPs)** are approved by the **Health and Safety Commission**. They give practical advice on how to comply with the law.



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- ACOPs Series Code L26
- Work with display screen equipment
- “blinking the eyes.. can be helpful”

