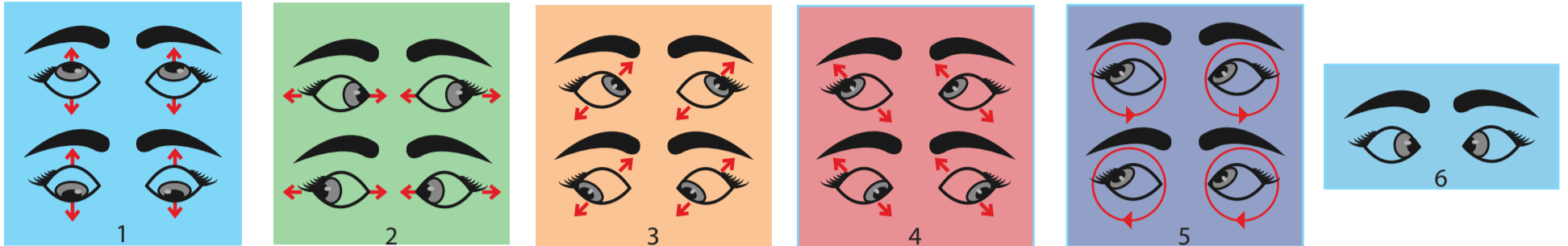


# PREVENTION OF EYE FATIGUE

Take advantage of the breaks to blink and do exercises to relax and tone your eyes.

## TONING OF THE OCULOMOTOR MUSCLES

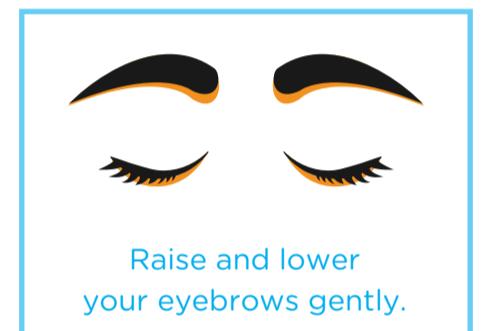
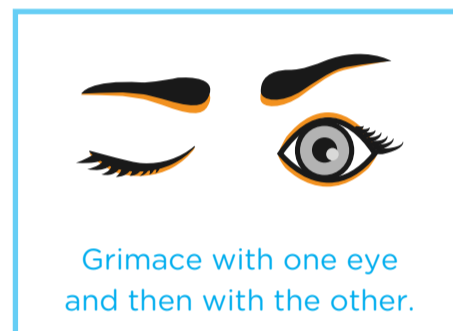
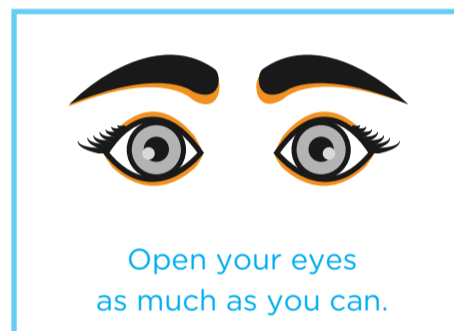
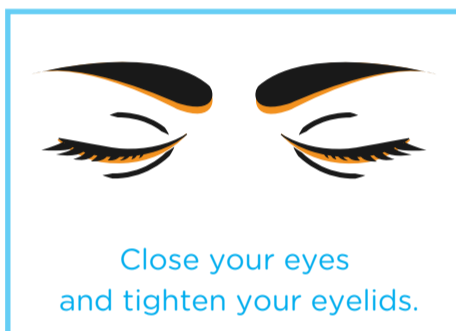
When you do the series of movements, try not to move your head.



Repeat each movement several times.

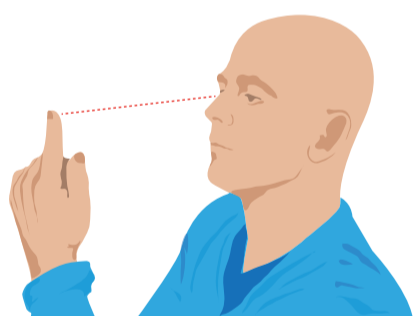
When you change movement, look at a distant point and blink your eyes.

## TONING OF THE EYELID MUSCLES

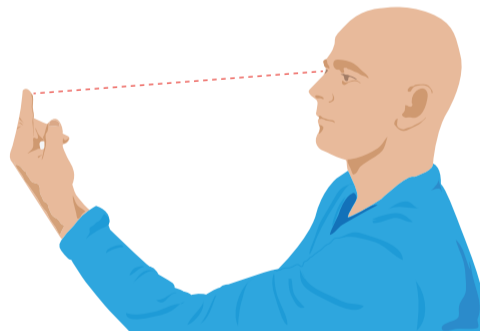


We advise you to repeat each of the movements several times.

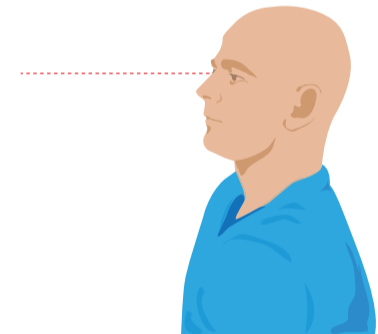
## FOCUSING AND ACCOMMODATION OF THE EYE



Look at a nearby point (at about 30 cm) and focus.



Look at a point at medium distance (at about 80 cm) and focus.



Look to a distant point and relax your gaze.

## RELAXATION OF THE EYESIGHT



Place the stitches of the two fingers under the cells, inside the orbits. Make a gentle massage with circular movements.



Place the index finger and the thumb (close to the eyes). Move the two fingers up and down on both sides of the nose, pressing them together lightly.



Place the two index fingers on the cheekbones and press them inwards. With your thumbs under your chin, press gently upwards.



Close your eyes and place your hands on them. Then blink your eyes. Relax your eyes for one to two minutes.