



The Centre for PEACE  
Research and Development

# Teachers are in Danger!

“On average, **adults** spend about 11 hours a day staring at some kind of **screen**, whether that be a computer, phone, tablet, TV or another type of electronic device.”  
[www.scripps.org](http://www.scripps.org)

There is a significant push to reduce the amount of time children are spending on their devices and in front of digital displays. It has become common knowledge that screen time creates dry eyes and can lead to serious side effects, including ocular damage. For more information about the side effects, you should see the [Active Health](#) website (At the top of their list are mental health problems)

However, no one is talking about how teachers are forced to be at a screen for extended periods, especially when planning classes and marking assessments; now, let us include other factors such as managing family affairs, businesses and social events, these things add up to why teachers are among the most exposed people on the planet.

According to [electronicspecifier.com](http://electronicspecifier.com) the top five professions that are spending the most time looking at screens throughout the day are:

1. Engineer (18 hours 40 minutes)
2. IT Specialist (18 and a half hours)
3. Accountant (13 hours 20 minutes)
4. **Teacher (12 hours 27 minutes)**
5. Admin Staff (9 hours 28 minutes)



The wellbeing of teachers is vital to maintaining healthy learning environments for our future leaders and it is becoming more obvious that the length of exposure to screens can have significant detriment to the life of a teacher.

Technology may well be the future for the new generations coming through but we can expect a spike in serious health problems in the near future and ongoing issues until humans become less sensitised to screen, technology improves or education systems facilitate a shift that truly fosters teacher well-being.

Meanwhile, one of the strategies I did stumble across for professionals with high exposure to screens is “20-20-20”: **20** minutes at the screen, stare at something **20** feet away from you for **20** seconds.

The other strategies that are commonly used are eye drops and conscious blinking.

God-speed teachers.

