



# Visual Disturbances at Work Research Insights

*From 2015 Transitions Optical Employee Perceptions of  
Vision Benefits Survey*

# Survey details...

The *Transitions Employee Survey* was conducted online by Wakefield Research ([www.wakefieldresearch.com](http://www.wakefieldresearch.com)), between November 7th and November 21st, 2014, among:

- 1,000 nationally representative U.S. residents
- Ages 18+
- Employed full time or part time
- Employer offers vision benefits



# Key takeaways

Visual disturbances, such as tired or dry eyes, issues with light and vision-related headaches, are **common** at work.

- Most employees are regularly affected by at least one visual disturbance at work that could diminish their performance

Visual disturbances at work are also **disruptive**.

- 92% of employees have felt, at some point, that the quality of their work was impacted by these problems
- More than half (56%) of employees are bothered by light at work

Despite the prevalence of work-related vision problems, **employers are rarely made aware**.

- Only 13% of employees have discussed issues they're having with visual disturbances at work with their employer

# Visual disturbances at work

**8 out of 10**  
employees are bothered by  
visual disturbances at work.



2014 Transitions Employee Perceptions of Vision Benefits Survey

## TOP 5 Visual Disturbances at Work



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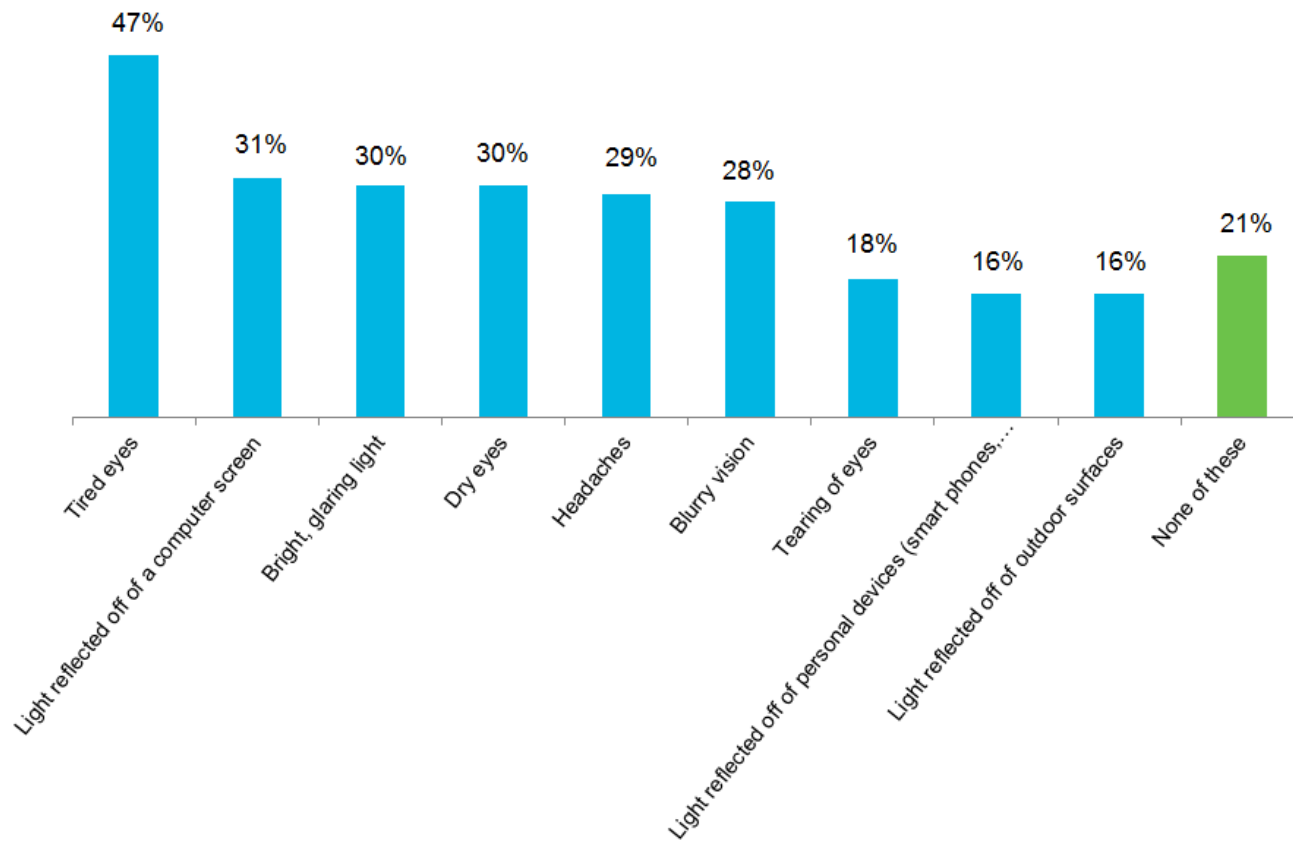
# Visual disturbances at work – breakdown

How important or unimportant is seeing well to your performance at work?

|     |                      |
|-----|----------------------|
| 99% | Important (net)      |
| 86% | Very important       |
| 13% | Somewhat important   |
| 1%  | Not very important   |
| 0%  | Not at all important |

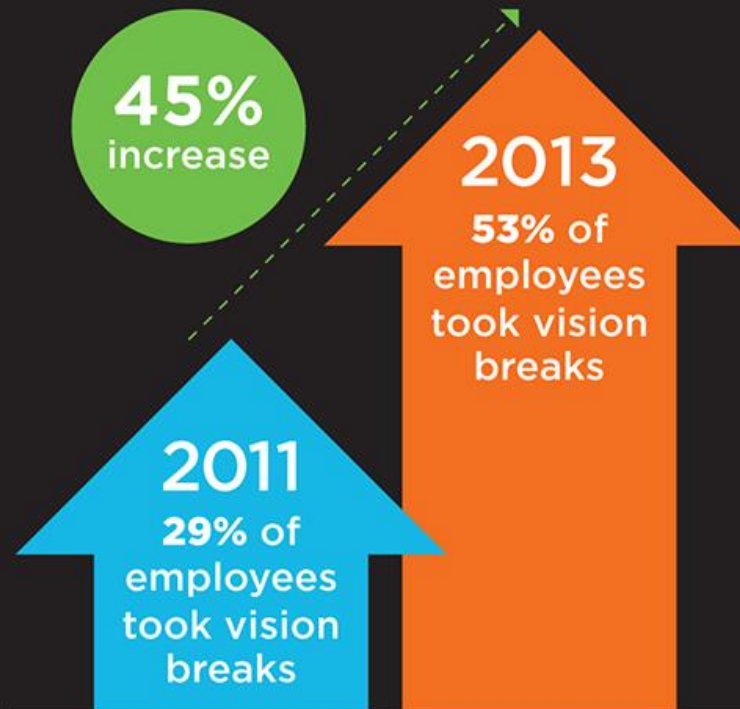
# Visual disturbances at work – breakdown

Which of the following, if any, bother your eyes at work?



# Increased number of breaks

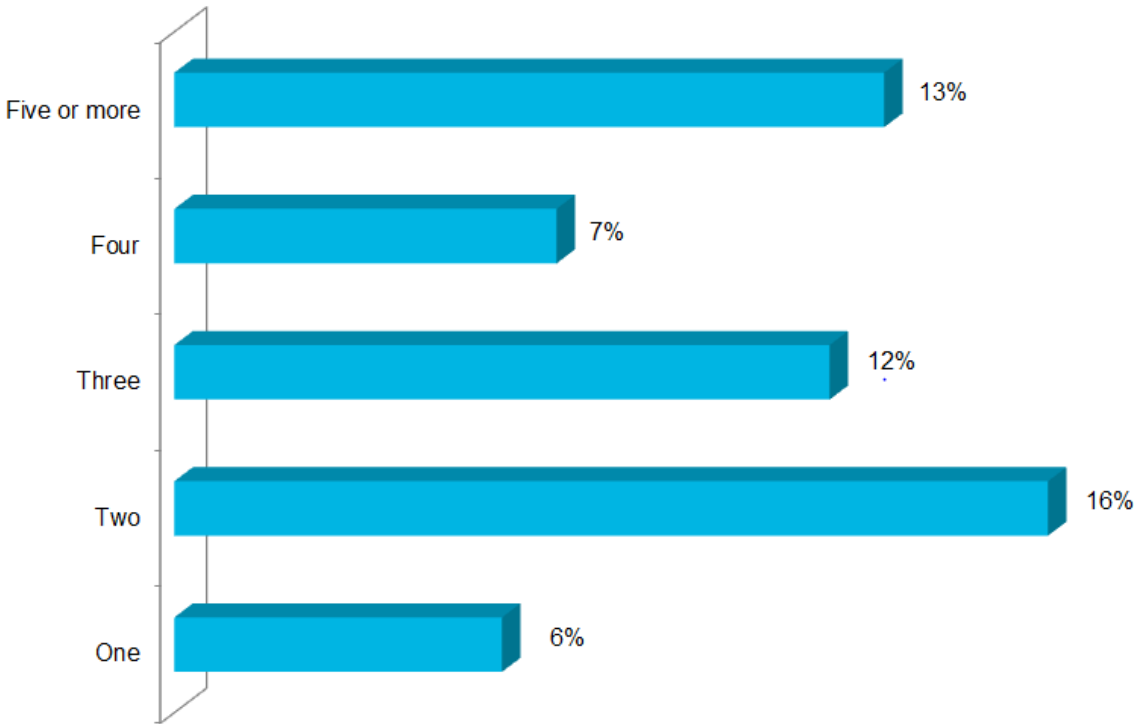
More than half of employees (53%) take breaks during the work day to rest their eyes because they feel hurt or uncomfortable.



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# Increased number of breaks – breakdown

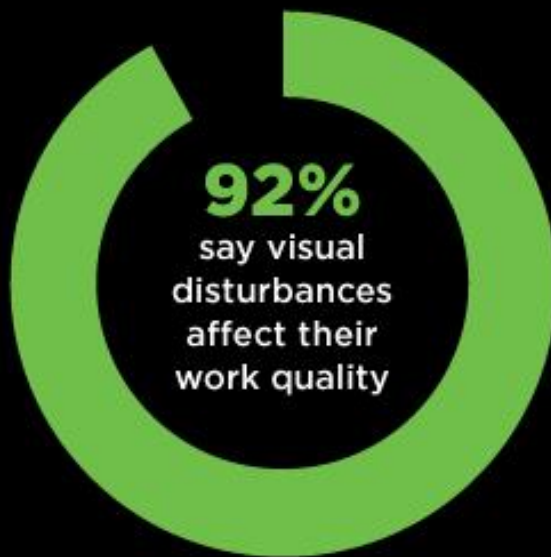
Approximately how many times per day do you take breaks to rest your eyes because they hurt or feel uncomfortable?





# Reduction in quality of work

## Visual Disturbances Affect Work Quality



**1 out of 2**  
employees report  
frequent impact

### Most likely to report frequent problems

- 👤 Employees age 18-44
- 👤 Parents
- 👤 Those who work outdoors, or alternate between indoors/outdoors

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# Reduction in quality of work – breakdown

How frequently or infrequently do you feel that the visual disturbances you selected impact the quality of your work? *(Asked among those who have had a visual disturbance at work)*

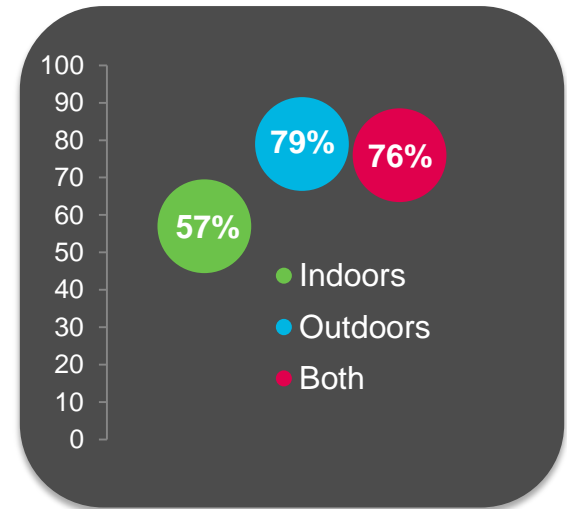
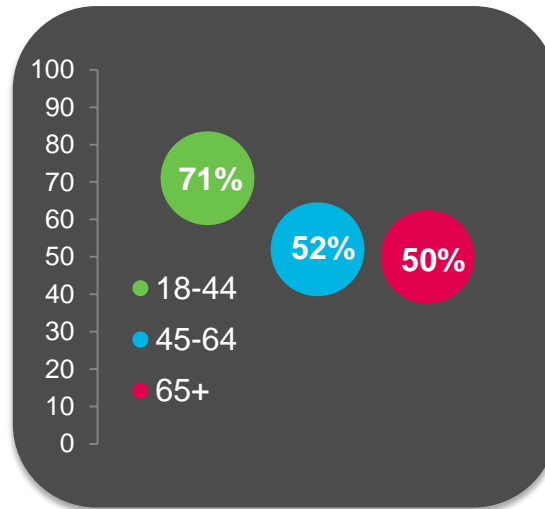
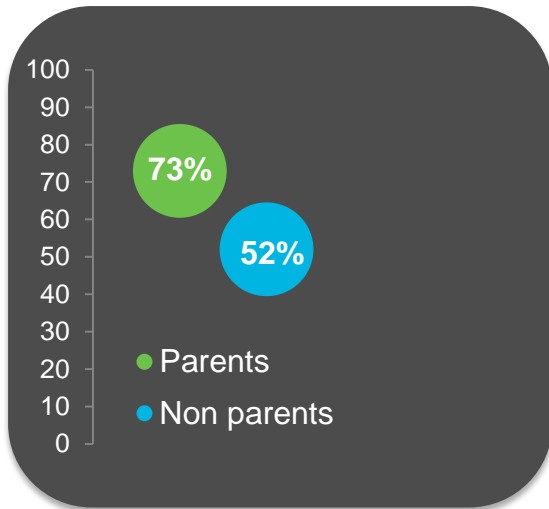
|     |            |
|-----|------------|
| 92% | Ever (net) |
| 17% | Regularly  |
| 46% | Sometimes  |
| 30% | Rarely     |
| 8%  | Never      |

# Reduction in quality of work – breakdown

## Demographic Differences

*Q: How frequently or infrequently do you feel that the visual disturbances you selected impact the quality of your work?*

*A: Frequently*



# Employees bothered by light at work

## 56% of Employees Are Bothered by Light at Work



**23%** bothered by light outdoors

**13%** bothered by light indoors

**20%** bothered by both



**Only 1 in 3** discuss light-related vision problems with their eyecare professional

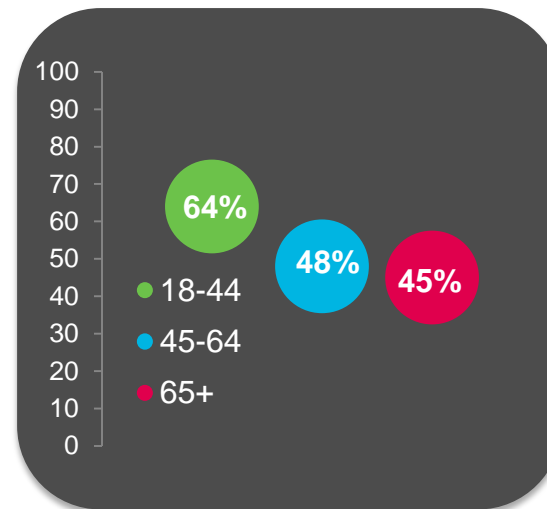
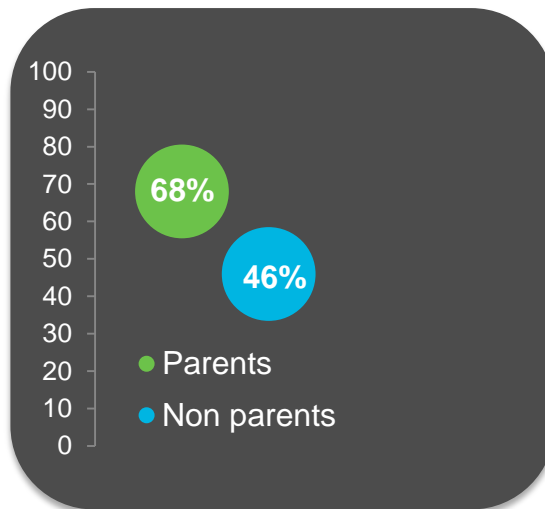
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# Reduction in quality of work – breakdown

## Demographic Differences

**Q:** *In which of the following places, if any, are your eyes bothered by the lighting?*

**A:** *Any (outdoors, indoors or both)*

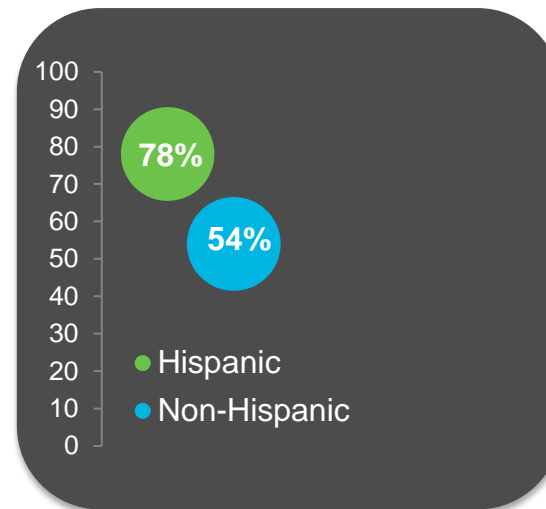
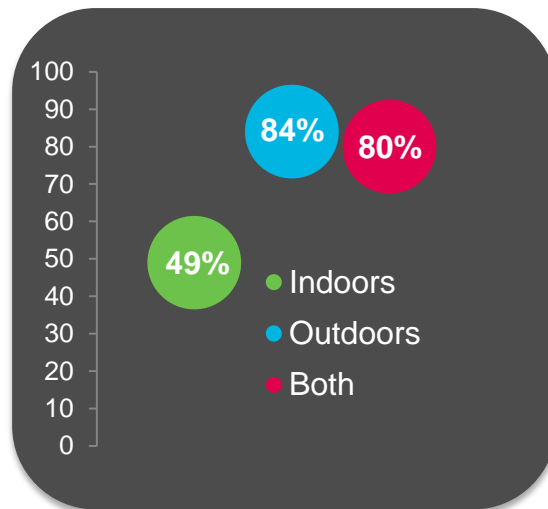


# Reduction in quality of work – breakdown

## Demographic Differences

**Q:** *In which of the following places, if any, are your eyes bothered by the lighting?*

**A:** *Any (outdoors, indoors or both)*



# Lack of discussion

## Discussion About Work-Related Vision Problems Is Lacking



**Only half**  
who experience  
vision problems  
at work tell  
their **eyecare  
professional**



**Only 13%**  
tell their **employer**  
they are bothered by  
visual disturbances  
at work



**Only 1 in 3**  
employees  
discuss their  
occupation  
with an **eyecare  
professional**



**27%** of  
employees tell  
**no one**

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# Lack of discussion – breakdown

With whom have you discussed visual disturbances that bother your eyes at work? *(Asked among those who have had a visual disturbance at work)*

|     |                           |  |
|-----|---------------------------|--|
| 74% | Any (net)                 |  |
| 54% | My eye doctor             | Employees who are enrolled in a vision plan are 20% more likely to discuss visual disturbances at work with an ECP |
| 25% | My friends/family         |  |
| 18% | My primary care physician |  |
| 13% | My employer               |  |
| 27% | No one                    | “Indoor” workers are almost 3x’s as likely to tell no one about the visual disturbances they experience            |



# Lack of discussion – breakdown

During your last eye exam, which of the following, if any, did your eye doctor ask you about?

|     |   |   |
|-----|---|---|
| 56% | Any (net)   |   |
| 32% | Whether light bothers your eyes                       |   |
| 31% | Your occupation                                       | Employees who work primarily <b>outdoors</b> are the most likely to discuss their occupation with an ECP                      |
| 23% | Whether light bothers your eyes outdoors specifically |   |
| 22% | Whether light bothers your eyes indoors specifically  | Interestingly, <b>indoor workers</b> were the least likely to discuss with their ECP whether light bothers their eyes indoors |
| 38% | None of these   |   |
| 6%  | I have never had an eye exam                          |   |

# Role of vision plans

Many vision plans cover lens options that help **address visual disturbances** and **manage light**.

- Transitions® photochromic lenses
- Anti-reflective coatings

# About Transitions Healthy Sight Working for You®

A public awareness and education initiative was created to **increase awareness of the need for quality eye care and eyewear through a vision benefit.**

Content is available for benefits brokers, employers and employees.

Education and tools show how using a vision benefit can:

- Manage health care costs
- Boost productivity
- Increase employee satisfaction

[www.HealthySightWorkingforYou.org](http://www.HealthySightWorkingforYou.org)



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[http://www.healthysightworkingforyou.org/?page=contact.](http://www.healthysightworkingforyou.org/?page=contact)