

FINiCLO and Blink on Click (BOC)

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DESCRIPTION

iCLO (Figure 1) is a new management method that involves resting the eyes [1]. It is defined as “a method wherein one actively closes one’s eyes, even for a short period in a safe environment, when they would otherwise just be idly open and when there would be no detriment caused by closing one’s eyes.” A previous study showed that the subjective symptoms of ocular fatigue, dry eye, and blurred vision improved, and the interblink interval was shown to be shorter when people engaged in iCLO [2]. Thus, iCLO is expected to play a significant role in preventing computer vision syndrome and improving performance by selectively and actively controlling the timing and quantity of the visual information received from the outside world, and it has been covered by many media outlets [3]. However, iCLO has several shortcomings and problems. We have devised a new method for dealing with these shortcomings and are reporting it here.



Figure 1: Logomark of iCLO.

FINiCLO: The “FIN” signal is the fin of iCLO

One of the biggest drawbacks of iCLO is the lack of visual information during iCLO, which makes it difficult to know when to end iCLO. To compensate for this shortcoming of iCLO, we have invented FINiCLO (Figure 2), a word coined from fin (French) and iCLO, which is defined as “To be notified by an audible tone or vibrating function at the end of iCLO.” For example, when a progress indicator (Figure 3) appears on a computer screen, it is not productive to look at the screen for a

long time until it disappears. In addition, these times are the perfect opportunity for iCLO to give the eyes a rest. However, since there is no vision during iCLO, when to end iCLO is not clear. In such cases, if you understand in advance that you will be notified by the audible “fin” when the progress indicator disappears, you can continue iCLO with peace of mind. While the progress indicator is running, you can also do other tasks besides iCLO without looking at the screen, leading to increased productivity. In addition, FINiCLO can contribute to improved postural immobilization and eye strain when using cell phones and tablets. That is, when the progress indicator is displayed on the screen, people can remove their gaze from the screen and change their holding posture, then return to their original holding posture and gaze at the screen upon the FINiCLO signal. Thus, iCLO incorporating FINiCLO is useful for all users of digital devices.



Figure 2: Logomark of FINiCLO.

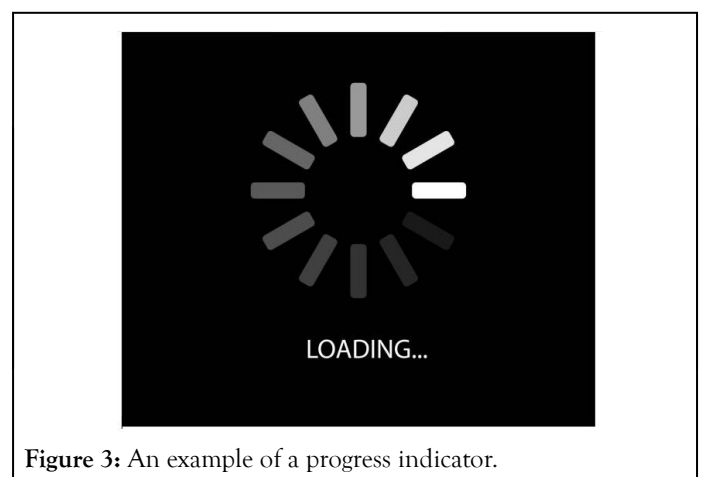


Figure 3: An example of a progress indicator.

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Received: 30-Jan-2024, Manuscript No. JER-23-29383; Editor assigned: 02-Feb-2023, PreQC No. JER-23-29383 (PQ); Reviewed: 16-Feb-2024, QC No. JER-23-29383; Revised: 23-Feb-2024, Manuscript No. JER-23-29383 (R); Published: 01-Mar-2024, DOI: 10.35248/2165-7556-24.14.380

Citation: Fujita H, Sano K, Yamachi H (2024) FINiCLO and Blink on Click (BOC). J Ergonomics. 14:380.

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Blink on Click (BOC): Click is the signal to blink

Because of the risk of various problems that may occur when iCLO is performed by minors, it should be done carefully under the supervision of teachers or parents [4]. When wearing Contact Lenses (CLs), prolonged eye closure should be avoided, and eyes should be closed only during deep blinking. Therefore, we have invented and recommend Blink on Click (BOC) (Figure 4) as an alternative to iCLO, which means that, while working on a computer, one should simultaneously blink each time when clicking. In addition, if you are using a cell phone or tablet and never click, something should trigger you to blink. For example, when using a game console, blink when pressing a specific button. The time required for one blink is said to be approximately 0.75 seconds, and there is no conscious interruption of vision. Therefore, BOC, unlike iCLO, has no dangers associated with eye closure, and it is possible to develop the habit of performing BOC actively and reflexively from childhood; it can also be done with safety with respect to CL wearers, which may lead to improvement of dry eye. It is also widely known that prolonged exposure to a display screen causes dry eyes and eye strain due to reduced blinking. Currently, there is a common instruction to “Please blink more often”, but it is not a specific instruction. However, there are few generalized methods to specifically increase blinking, and we think that BOC can be one of them. The challenge of BOC is how to implement it. Since we inevitably forget to blink when clicking, future studies will explore ways to acquire this habit, such as making a sound similar to blinking when clicking.

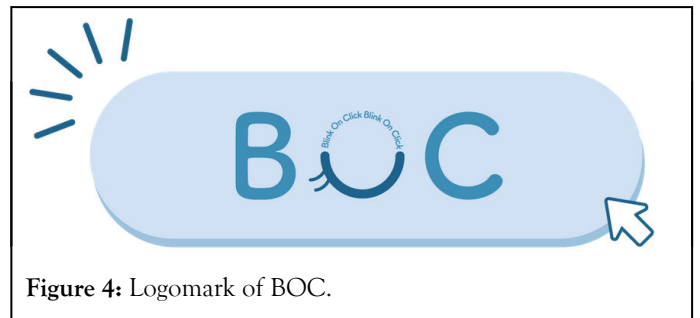


Figure 4: Logomark of BOC.

Modern people use their eyes at a high level for near vision and have a longer lifespan. We are convinced that the use of iCLO incorporating FINiCLO, and BOC in various environments of daily life will help give our eyes a further rest.

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