



Office Ergonomics: Monitor Height

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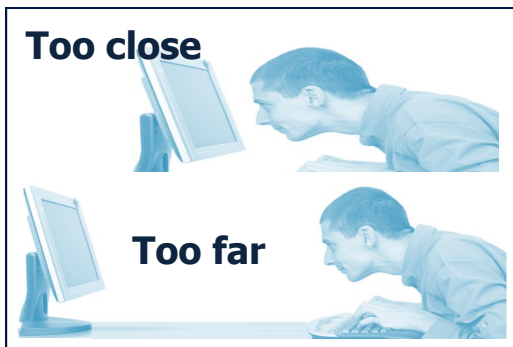
Choosing a suitable monitor and placing it in an appropriate position helps reduce exposure to forceful exertions, awkward postures, and overhead glare. This helps prevent possible health effects such as excessive fatigue, eye strain, and neck and back pain.

Viewing Distance

Potential Hazards

Monitors placed too close or too far away may cause you to assume awkward body positions that may lead to eyestrain.

- Viewing distances that are **too long** can cause you to lean forward and strain to see small text. This can fatigue the eyes and place stress on the torso because the backrest is no longer providing support.
- Viewing distances that are **too short** may cause your eyes to work harder to focus (convergence problems) and may require you to sit in awkward postures. For instance, you may tilt your head backward or push your chair away from the screen, causing you to type with outstretched arms.



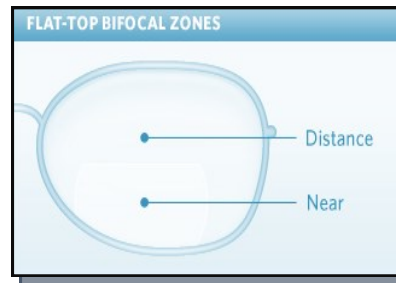
Possible Solutions

Sit at a comfortable distance from the monitor where you can easily read all text with your head and torso in an upright posture and your back supported by your chair. Generally, the preferred viewing distance is between 20 and 40 inches (50 and 100 cm) from the eye to the front surface of the computer screen.

Note: text size may need to be increased for smaller monitors.

Provide adequate desk space between the user and the monitor (table depth). If there is not enough desk space, consider doing the following:

Move back and install an adjustable keyboard tray to create a deeper working surface.



Bifocal Users

Potential Hazard
Bifocal users typically view the monitor through the bottom portion of their lenses. This causes them to tilt the head backward to see a monitor that may otherwise be appropriately placed. As with a monitor that is too high, this can fatigue muscles that support the head.

Possible Solutions

- Lower the monitor (below recommendations for non-bifocal users) so you can maintain appropriate neck postures. You may need to tilt the monitor screen up toward you.
- Raise the chair height until you can view the monitor without tilting your head back. You may have to raise the keyboard and use a foot rest.
- Use a pair of single-vision lenses with a focal length designed for computer work. This will eliminate the need to look through the bottom portion of the lens.