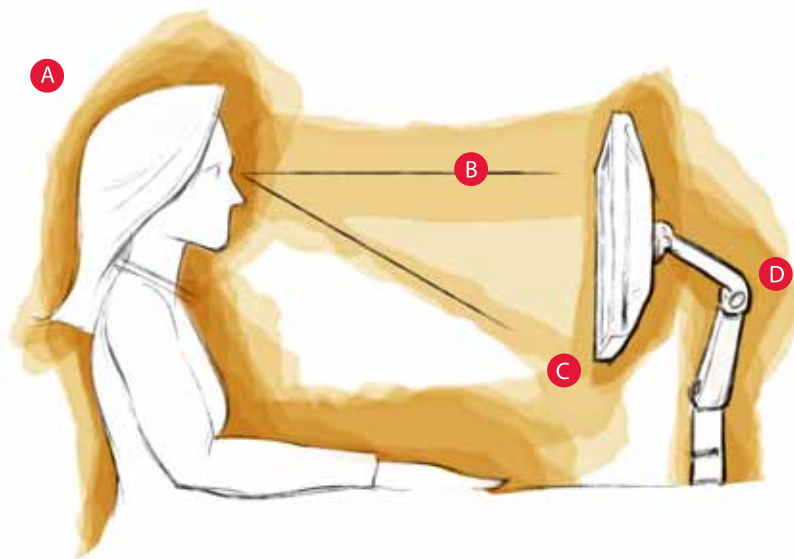


# Computer Monitors

## Placement Suggestions

- A** The monitor should be at a height that allows the user to work with the head in an upright (neutral) posture.
- B** The top of the computer screen should be at or below the user's eye height with the head in an upright posture.
- C** The user should be able to view the entire monitor with their head in an upright posture with a downward gaze.
- D** Adjustability of height and angle will allow the monitor to adjust to fit more users and postures.
- E** Distance to the monitor should be approximately an arm's length away from the front of the body.
- F** Users should sit centered on their task/computer monitor.



### HELPFUL TIPS:

- Maintaining the monitor at the correct distance, height, and angle will help reduce eye and neck strain.
- Users that wear multifocal lenses will want the computer screen lower than their eye height.
- The user should not have to turn their head sideways to view the computer monitor.
- If the user moves from an upright seated posture to a reclined posture, the computer monitor position should be changed.
- Display screens should optimally be +/- 15 degrees in the horizontal line of sight, but no more than 35 degrees.
- Computer monitor should be positioned to avoid glare on the screen from overhead and task lighting, but should not be rotated downwards.
- Position light source to avoid glaring on computer screen.
- A monitor that is too high will cause users to tilt their head backwards and cause non-neutral head postures and increased muscle tension.

