

Monitor Setting Tips for Glare and Positioning

Posted in: Office Ergonomics

Q: Won't a close monitor bother my eyes or project 'radiation'?

A: Those worries about monitor radiation from CRTs were resolved years ago, and flat screen technology is totally different and much easier on the eyes. If you find the monitor is too bright or it bothers your eyes to have it close try adjusting the brightness and contrast. (But don't get too close – minimum recommended distance is 16").

How? – The buttons on the bottom front of your monitor case adjust the screen brightness and contrast. It might take a bit of trial and error, but once your monitor is set for your vision your eyes will thank you!

Q: What if I wear bifocals or progressive lenses?

A: Bifocal wearers typically look out of the bottom of the lens to view the monitor so to avoid tipping your head up to view the screen, set the top of the monitor 3" -4" below eye level.

How? – Lower your monitor as much as possible. If you're still too high try the following tips: Sneak your chair up a bit to get your eye level above the top of the monitor OR position the work on your screen a few inches lower. You'll lose a bit of screen area but your neck and shoulders will thank you!

TIPS:

- ✓ Your monitor should be lined up directly in front of you so that you don't have to twist your neck to view it.
- ✓ You should take regular 20-20-20 vision breaks to rest your eyes if you spend long hours in front of the computer – every 20 minutes take a 20 second break and refocus your eyes on something at least 20 ft away. (It works just as well to close your eyes for 20 seconds, but then folks might think you're sleeping on the job!)



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