

Setting your monitor position - right now!

Posted in: Office Ergonomics, Home Office

Q: What exactly is the ideal monitor height?

A: Monitors should be set so that the top of the screen is roughly at eye level when you are sitting up straight.

Why? – Relaxed posture for the human eye is 15° below the horizon and we all slouch now and then, so before you know it your relaxed eye is focused in the middle to upper 1/3 of the screen...and that's where most of our work is.

How? – Raid your photocopy room and prop your monitor up on packages of paper if it's too low, or pull out those phone books from underneath if it's too high.

Q: How far away should your monitor be positioned from your eyes?

A: It depends on your vision, if you catch yourself leaning forward or squinting to view the screen it's too far away and you need to pull it closer!

Why? – Your head weighs as much as a bowling ball! When you lean it forward to squint at a monitor your upper back and shoulder muscles pay the price!

How? – Pull your monitor closer! ... with the advent of flat screens everyone seems to push their monitor farther away to regain desk space, but that has spawned a generation of 'leaners' with sore necks and upper backs! If you can't part with the debris on the front of your desk to bring your monitor closer to you, then try keeping your chair tucked in close to the front of the desk so you bring yourself closer to the monitor.



ERGORISK

This article was
written by ErgoRisk