



Your Computer Workstation Should Include a Monitor That's Easy to View

FACT SHEET 88-017-0411

Monitor Position

Monitor position depends on eye height, monitor size, viewing distance, and viewing angle.

In general, the monitor should be directly in-line with the keyboard, as shown in the photo.



Tilt the monitor screen slightly to accommodate your line of sight and to prevent glare. Mounting a monitor on an adjustable arm allows movement in all directions and frees up workstation space.

For comfortable head and neck placement, position your monitor screen to allow you to gaze slightly down to view the center of the screen. Do not bend your neck down more than 15°. This can be done by placing the top of monitor at seated eye height.

- If monitor is too low, place it on a monitor stand or, if necessary, a stable box. Note that many newer flat screen monitors are attached to stands that are adjustable in height.
- If monitor is too high, and adjusting your desk surface and chair (and adding a footrest if necessary) doesn't help, consider replacing it with a smaller monitor. It may be necessary to raise the chair and use a footrest if the monitor and keyboard are too high.

Eye to Screen Distance

- The user-preferred viewing distances (between your eye and the screen or source document) are normally greater than typical workstations can accommodate—19.7" to 39.4" (50 to 100 cm)—because desk depth is often too short for deep monitors. Flat display screens or keyboard extensions can allow for proper distance.
- To reduce strain on your muscles, keep your monitor screen at least 15.7" (40 cm) from your eyes (or farther away than you might hold a book).

General Information

The monitor should be large enough to display the required information to complete a task.

The screen characters should be clear and easy to read with no perceptible flicker or waiver. If characters are difficult to read:

- Increase font size and use a more readable font style.
- Clean/dust the screen.
- Adjust brightness and contrast.
- Reduce sources of glare.

Geometric designs of letters and symbols should not be distorted or appear to melt together.

If you wear bifocals, you might want your monitor positioned lower to allow you to view it through the lower section of your glasses. Computer glasses are special glasses that are your prescription set for the distance from your eyes to the monitor. This eliminates extending the neck back to see the screen through the lower half of your bifocals.

Flat Screen (LCD) Monitor Advantages

- Size - Compact and lightweight. Can fit on desks where cathode ray tube (CRT) monitors could not.
- Viewing Angle - Most LCD monitors have adjustable height bases.
- Brightness - Typically, LCD monitors are brighter than CRT monitors.
- Energy Consumption - LCD monitors consume less energy than CRT monitors.

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