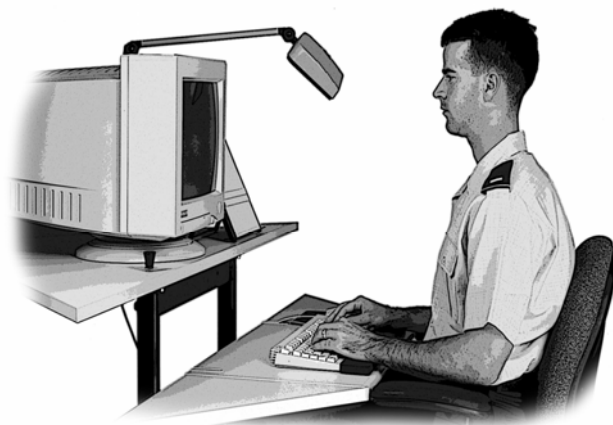


Computer/Monitor



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

- Top of monitor should be adjusted to eye height
 - If too low, use a monitor stand or stable box
 - If too high, you may need to adjust work surface and/or chair
- Monitor should be an “arms length” away
- Head/neck should be upright, not bent or tilted
- Monitor should be centered in front of/facing you

LIMITED SPACE???

Mounting the monitor on an adjustable arm allows movement in all direction and frees up workstation space

BIFOCALS????

Consider positioning the monitor lower to allow you to view it through the lower section of your glasses

AVOID GLARE!!

Adjust monitor to avoid glare. Use a screen filter if necessary