

Document Holders



Using a document holder allows your eyes to look from document to screen with minimal change in focus

- A document holder should be stable but adjustable for height, position, distance and angle of view. It should be placed at the same height and distance as your monitor
- An *inline* document holder sits between the keyboard/tray and the screen, aligning with your body midline so you lower your eyes to see the document and raise them to see the screen
- If your eyes are different strengths, place the document holder on the side of your dominant eye
- If you wear bifocals and read using the lower part of your glasses, try lowering the monitor and placing the document holder between the keyboard and screen