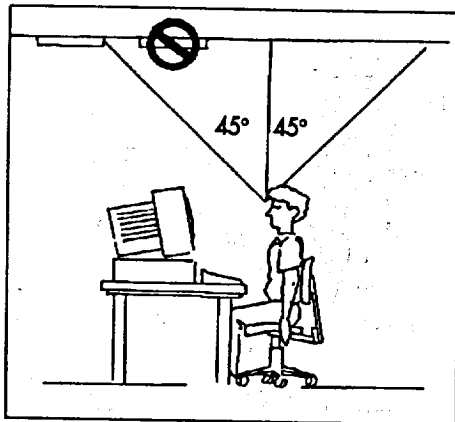## Looking good

If a workstation is used for a variety of tasks, the visual environment should satisfy the needs of both the VDT and non-VDT use.


Overhead lighting can provide both task and general office lighting. Try to position your workstation so that it is not directly below a light source, but placed so that the light is to the side of the screen.
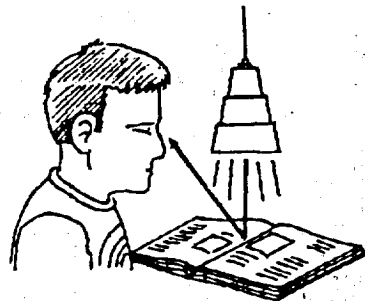
Reflections from overhead light fixtures can make the screen harder to see if they are located behind a VDT. Fixtures should be fitted with grid or parabolic to evenly disperse the light.

Glare and shadows can cause eyestrain and fatigue if you have to adopt an awkward posture to see the screen. Glare is usually caused by reflections from shiny objects, light fixtures or windows. Cover shiny items, adjust the angle of your screen or close the blinds to minimize glare. You should not sit with your back to, or facing, a window.

Shadows are caused by too little light or poorly placed light fixtures.
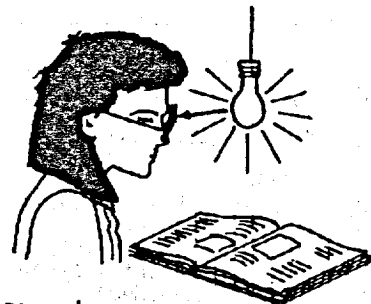
Direct glare

Reflected (indirect) light