

## Looking good!

Most complaints at VDT workstations can be traced to glare problems, visual deficiencies, postural problems and poor control of basic environmental systems. This section will give you advice on how these problems can be alleviated.

If a workstation is used for other kinds of tasks, the visual environment should satisfy the needs of both the VDT and non-VDT use. Lighting should be balanced. It must be bright enough for you to read source documents and not be so bright that it makes it hard to read from the screen.

Glare and shadows cause eyestrain and fatigue and if you have to adopt an awkward position to see around glare and shadow, the strain can cause neck, shoulder and back pain.

Glare is usually caused by reflections from light fixtures,

windows or shiny objects.

Move or cover shiny objects and

do not hang glossy pictures

behind your VDT screen.

Shadows are caused by too little

light or poorly placed light fixtures

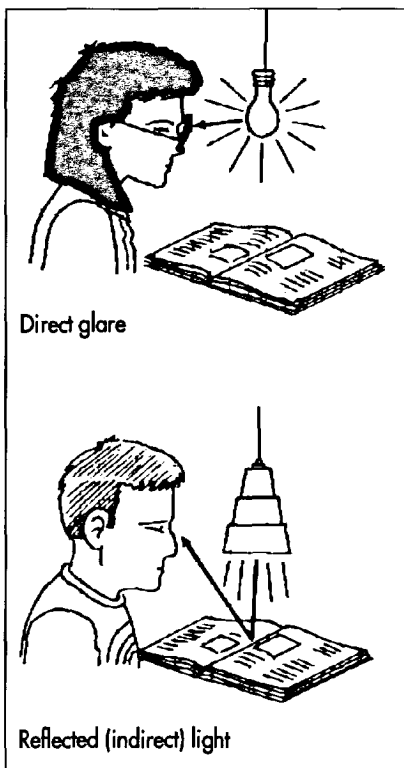
but if you experiment by placing

task lighting in strategic

places you can eliminate them

from your VDT screen and over

source documents.



An effective way to locate indi-

rect glare sources so you can

avoid them is to lay a mirror flat

on your desk where your read-

ing material would normally be.

Any bright light sources reflect-

ing in the mirror can produce

indirect glare.