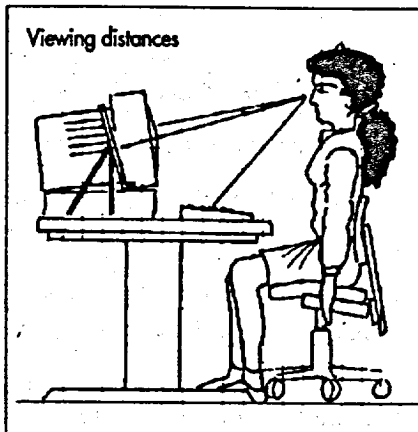


Looking at your computer screen

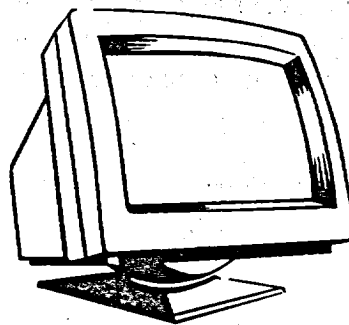
For a comfortable head and neck posture, the top of the screen should be positioned about eye level. Tilt the screen slightly backwards (10-20°) but watch that this does not create glare on the screen. If the screen angle is not adjustable, you can place a wedge under one end to change the angle.



If you need to raise the monitor, and your worksurface is not adjustable, place the monitor on a VDT stand or on the computer's central processing unit to raise it to eye level. If the monitor is too high, you may be able to remove the base.

Most people find that a comfortable distance between their eyes and the screen is 30 to 60 cm. To minimize neck and eye fatigue due to constant head movement and refocussing of the eyes, use an adjustable document holder. Place it next to the screen and at the same height (alternate from side to side).

Adjusting the screen brightness and contrast is very important. Text will be easier to read from the screen if the brightness is low and the contrast is high. When using colour monitors, try different colour combinations until you find the most comfortable contrast.



VDTs come with various features that are built in or that can be added. Find out what these are and use the adjustments provided.