

Now let's look at your computer screen and keyboard

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

If reflections on the screen cannot be removed by the methods described in the previous section, use a mesh filter or anti-glare spray. Adjusting the screen brightness and contrast is very important too. You will find it easier to read from the screen if characters are brighter than the background, but be careful not to make characters too bright.

Adjust the screen height so the top is just about your eye level and tilt the screen slightly backwards. Watch that this does not create glare on the screen.

If you have to place your VDT directly on your worksurface, you will probably find it is too low for your eye level. Raise the VDT to the height appropriate for you. Most people seem to find that the most comfortable distance between their eyes and the screen is between 450 and 700 mm. But under no circumstances should the screen be less than 330 mm (13 inches) from your eyes. If your screen flickers have it checked out immediately.

