

FS No. 88-041-0821

## ERGONOMICS—COMPUTER MONITOR

### Monitor Position

- Monitor position depends on eye height, monitor size, viewing distance, and viewing angle.
- In general, the monitor should be directly in-line with the keyboard, as shown in the photo.
- Tilt the monitor screen slightly to accommodate your line of sight and to prevent glare. Mounting a monitor on an adjustable arm allows movement in all directions and frees up workstation space.
- Place the top of the monitor at seated eye height to allow you to gaze slightly downward to view the center of the screen.
- If monitor is too low, place it on a monitor stand or, if necessary, a stable box. Many flat screen monitor stands are adjustable in height.
- To reduce strain on your eye muscles, keep your monitor screen at least 15.7" (40 centimeters (cm)) from your eyes (or approximately arms-length away).



Source: U.S. Army Photo, APHC, (Christina Graber)

### General Information

The monitor should be large enough to display the required information to complete a task.

The screen characters should be clear and easy to read with no perceptible flicker or waiver. If characters are difficult to read—

- Increase font size and use a more readable font style.
- Clean the screen.
- Adjust brightness and contrast.
- Reduce sources of glare.

If you wear bifocals, you might want your monitor positioned lower to allow you to view it through the lower section of your glasses. Prescription computer glasses are set for the distance from your eyes to the monitor. This eliminates tilting your head back to see the screen through the lower half of your bifocals.

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