

Working From Home *Ergonomics*: Screens and Monitors

There are many different ways to set up screens or monitors – and it's important to know that there is no single "correct position". However, there are some principles that every setup should consider:

- Your neck should be comfortable neutral (i.e. not arched backwards or chin extending forwards).
- The characters/writing on the screen should be clear and comfortable to read when sitting with good posture.
- If you have any glasses/other visual aids, pay special attention to positioning and display (e.g. brightness, blue light filter, font size) as these should be adjusted to suit your eyes.

Some **practical tips** for setting up your monitor/s:

- Your **main monitor should always be directly in front** of you. Any other monitors should be placed to either side as an accessory that you can quickly look at before facing forwards again.
- Screen height should be at **eye level or slightly lower**, at **one arms length** away. This helps reduce visual strain and fatigue.
 - This is important for both sitting and standing work set ups.
- Ensure the display is adjusted for **easy readability** (pay special attention to font, brightness and contrast)
- Most **monitors are able to be tilted** forwards or backwards – don't forget to check the angle of the tilt if you have adjusted the distance or height but still feel uncomfortable.

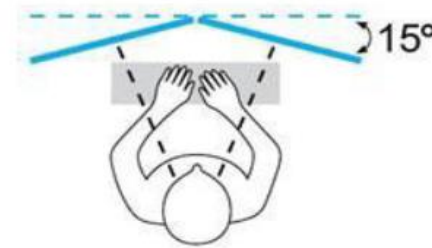
For those **using a combination** of desktop monitor/s and laptop:

- Try and **even out the height between your laptop screen and monitor**. If you don't have a docking station, using a shoe box or some thick books to elevate the height of the laptop will also work!
- Keep all monitors at **equal viewing distance**.

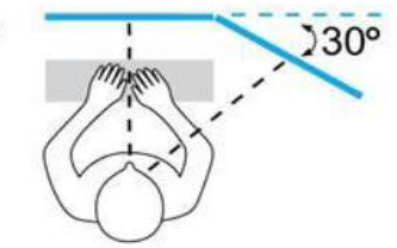
Try to **avoid**:

- Placing monitors directly under light sources, or facing windows where sunlight can cause glare or reflection.
- Placing two monitors side by side in an arc if you do not use them equally (this means you will have to hold your neck in a rotated position for long periods of time).

Dual monitors used equally:



Dual monitors used unequally:



Remember:

Movement is the best prevention and treatment – so take short and regular breaks, ideally every 45-60minutes!

If you have any aches and pains, questions, queries or would like a WFH assessment, physiotherapy can make a world of difference for you.

Please give us a call on 9872 8155 (Carlingford Court Medical Centre)/ 9873 3888 (1Health Medical Centre), or make an appointment to see one of our physiotherapists at:

<https://tanhands.com.au/bookings/>