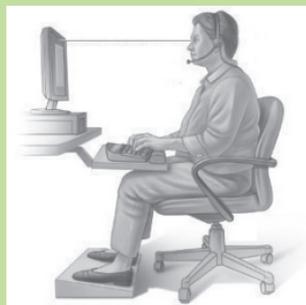


# An improperly adjusted computer monitor can be a pain in the neck – literally

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**M**onitor height is an important issue and can help reduce most neck and shoulder discomfort. The ideal height is where the eyes and the line of sight fall 1 inch from the top of the screen (see picture 3). The best distance for the monitor is generally an arm's length away. However, if this is not comfortable, adjust it accordingly.

To determine if the monitor is at the optimal height, ask a coworker to help evaluate. Looking up (see picture 1) means it needs to be lowered. If it can't be adjusted, the next best thing is to bring the application down so the line of sight is approximately 1



picture 3

inch from the top of the screen (see picture 4). Looking down (see picture 2) means the monitor needs to be raised. If it is not adjustable, one solution is to place it on reams of paper or a short stack of books to achieve the proper height (see picture 5).



picture 1

A properly adjusted monitor keeps the neck and shoulders in a neutral, more relaxed position, and thereby minimizes strain.



picture 2



picture 4



picture 5