

Computer Ergonomics for Reading the Screen

20/20/20 Rule

Every 20 minutes, look away and focus on something at least 20 feet away for at least 20 seconds.

Distance of monitor

The monitor should be arms length away (18" to 24" from your eyes).

Height of monitor

The height of the screen should be level with your eyes.

For those who wear glasses

If you wear bifocals or trifocals, the height of the screen should be two or three inches **lower** than normal (so the top of the monitor screen should be 2-3-inches lower than your eyes). You may also consider having your optometrist make a pair of computer-only glasses for you with anti-glare coating and only the bottom lens of bifocals (or the middle lens of trifocals).

For those who wear contacts

Contact wearers blink less than those who do not wear contacts. This dries out the eyes and makes it even harder to read from the screen. Train yourself to blink more often and be sure to follow the 20/20/20 rule (explained above).

Anti-glare screens

Anti-glare screens are helpful, especially if you wear glasses or contacts and if you have trouble controlling the lighting in the task area. Be sure to obtain a screen made with glass, not plastic or fabric (for ease in cleaning)



For more information:

<http://ergonomics.ucla.edu/oldergo/Ergowebv2.0/articles/compvision.htm>

<http://ergo.human.cornell.edu/ergoguide.html>

<http://www.apple.com/about/ergonomics/vision.html> (graphic above is from this site)

Consider purchasing WorkPace. WorkPace® is a breaks-and-exercise software tool proven to help prevent and aid recovery from Repetitive Strain Injury (also known as RSI, OOS, and Carpal Tunnel Syndrome). www.workpace.com