



HOSPITALITY EYECARE
CENTER *of* OPTOMETRY

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www.SeeToLive.com

Ergonomic Workstation

1. Your computer monitor should be approximately 20 – 28 inches from your eyes
2. Optimal visual comfort is achieved when the middle of your screen is 10 – 15° below straight ahead
3. Your head should be tilted forward slightly as you view your screen
4. Whatever is viewed most during your day should be placed straight ahead of you versus to one side
5. A copy holder to locate the reference documents next to the computer display can be helpful
6. Frequent movement and change of posture can be helpful in alleviating neck, back, shoulder and wrist pain
7. Optimal chair:
 - Five legs are recommended
 - Thigh should be evenly supported on the seat
 - The angle at the knee should be slightly greater than 90°
 - Good lower back support
 - Upper torso best slightly back
 - Armrests are recommended
8. The best wrist angle is extended 0 – 20° upward and straight ahead (not left or right)
9. Lighting:
 - Any windows should be located to the left or the right of the work station, as opposed to in front of or behind
 - Incandescent lighting is preferred over fluorescent
 - Brightness of the room and objects in your peripheral view areas should not be significantly different as compared to the brightness of your screen

Nearly all of the conditions that result in adverse symptoms of discomfort also directly result in decreased task performance. An employee who is uncomfortable will not be as satisfied with his or her job and will become less productive.

If this sounds like you, please see your Eye Care provider for appropriate care and ergonomic assistance.

Please feel free to call Dr. Corbett at any time.

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