



Computer Monitors

- ◆ Top line of screen should be approximately eye level.
- ◆ Screen should be 18"–30" away from worker for viewing.
- ◆ Use a monitor and keyboard that are detachable to permit angle and position adjustment.
- ◆ Use a rounded keyboard and work surfaces.
- ◆ Place documents same height and distance as screen.
- ◆ Prevent glare by positioning monitor and keyboard perpendicular to windows and between overhead lights.
- ◆ Use the readily adjustable screen contrast and brightness controls.
- ◆ Wrist/palm rest designed to keep wrist in neutral (straight) position.
- ◆ Wrist/palm rest should be made of soft but supportive material at same height as front edge of keyboard.
- ◆ Position mouse to allow forearm and wrist to be in neutral (straight) position.

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