



Computer Monitors

Consider your point of view.

When working at a computer, adjust your monitor screen so it's a suitable distance from your eyes with the top of the screen at, or a little below, eye level. Specific monitor placement depends on what works best for you. Position the screen to avoid glare. Adjust image color, brightness and contrast. When possible, select a white or light background screen color and a dark color for text. This helps to reduce glare and reflections from overhead lights and light-colored clothing. Clean your screen periodically to get rid of smudges and dust.

Adjusting your monitor and screen settings will prevent eye and neck strain and enable you to be more productive.

And that's smart safety!

For additional information or guidance, contact your safety office.

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