

ERGO BULLETIN

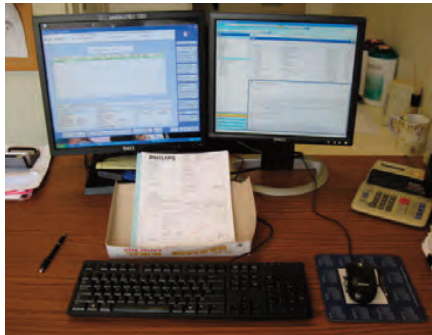
Suggestions for Working in Comfort with Dual Computer Monitors

Just a few years ago, the flat panel monitor changed the face of workstations across America. Now, many office workers are presented with a new workstation standard... Dual Monitors.

This new workstation configuration has several benefits including increased desktop space, simultaneous use of multiple programs, organization of work and increased productivity. However, a second monitor can present a few challenges to the user from how to organize workspace to neck and eye strain issues.

Beacon Mutual has created an easy to follow checklist for many of the common issues facing dual monitor users. Some of the suggestions are quite obvious such as placing the dual monitors at the same height and distance to less obvious screen settings that can make all the difference.

Consult your IT department if you have specific questions about monitor settings or adjusting your workstation set up for comfort and productivity.



Front View



Top View

Checklist for using dual monitors at your workstation

- Both monitors should be the same size, i.e. 17" or 19" and style, i.e. CRT, LCD or LED.
- Set the two monitors next to each other without a gap. Next, center the dual monitors to the operator.
- Both monitors must be positioned at the same comfortable height and distance to the operator.
- The outer edge of each monitor should be angled slightly inward toward the operator to decrease the viewing angle.
- Both monitors should be set to the same Angle or Tilt.
- Both monitors should have the same Brightness Setting.
- Both monitors should have the same Contrast Setting.
- Both monitors should have the same Text or Font Size.
- Try an in-line document holder to support documents for improved posture and reduce eye strain.
- Remember to try the 20/20/20 rule. Every 20 minutes, take at least 20 seconds to look 20 feet way!



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