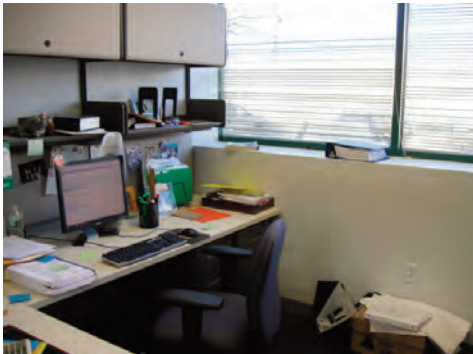


# ERGO BULLETIN

## Ergonomic Tips for Reducing Glare on Computer Screens and Monitors



Nearly every job in the United States today requires some use of a computer, monitor, or other visual display screen. Add in the frequent use of computers, video games, tablets and smart phones for pleasure and it's no surprise that many individuals struggle with symptoms of computer vision syndrome such as dry eyes, headaches, blurred vision, and eye twitching, just to name a few.

Glare is an excessive contrast between dark and bright or an exposure to a bright surface or light source. If you suspect that glare is contributing to your discomfort, Beacon Mutual would like to share the following tips for reducing glare.

### Tips for Reducing Glare

#### Glare Solutions Related to Overhead Lighting

- If possible, avoid placing your computer screen or monitor directly below an overhead light fixture.
- If you do sit directly below a light fixture, consider having maintenance remove a bulb or two from the light to make light levels more compatible with your work tasks. General office lighting at the desk should range between 20 to 50 foot-candles with older workers typically requiring the higher end of the range.
- In-direct lighting fixtures provide the best overall lighting environment. Conventional fluorescent fixtures should be equipped with diffusers to soften the light. Soft white fluorescent or full-spectrum bulbs are preferred for their warmer color and reduced glare.
- Try making a visor for the top of your monitor (a file folder works well) to shade monitor or try tilt the monitor downward.

#### Glare Solutions Related to Windows

- Sit at right angles to windows and at least 3 feet away from the window.
- Shade windows during peak sun times. Vertical blinds work best for East/West facing windows and horizontal blinds for North/South facing windows.

#### Other Glare Solutions

- Keep your screen clean. Dust and fingerprints may make your monitor harder to read.
- Adjust your monitor's brightness. Monitor brightness should be equal to the area directly behind it.
- Try using supplemental task/desk lighting to directly illuminate writing and reading tasks. Do not shine the task light directly onto the monitor.
- Turn off any light located behind your monitor such as a lamp or under shelf/cabinet lighting.
- The monitor should be approximately 18-24" from you in the seated position.
- Reduce other brightness sources. Avoid excessive paper on your desk, avoid wearing white shirts and avoid glossy/reflective paints and highly reflective work surfaces.
- As a last resort, try an anti-glare screen. Make sure to readjust contrast and brightness.



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