

Guide to

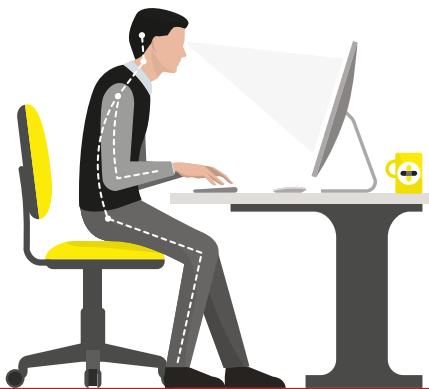
setting up your display

Position monitor an arms-length away (45-70cm) from your face. The top of the monitor should be at eye level and slightly tilted. Use a monitor riser or an adjustable monitor arm if necessary.

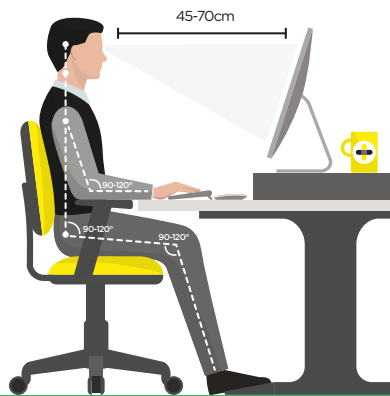
Check that the screen is positioned to avoid glare and reflection (for example sit at 90 degrees to a window to avoid glare).

Check that the image on the screen is stable with no flickering.

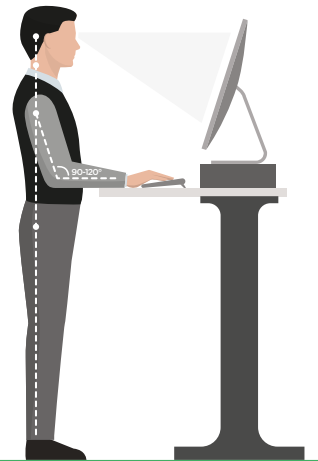
Check that the characters on the display screen are well defined, clearly formed, of adequate size and with adequate spacing.



incorrect display height and posture



correct display height and post incorporating a monitor riser



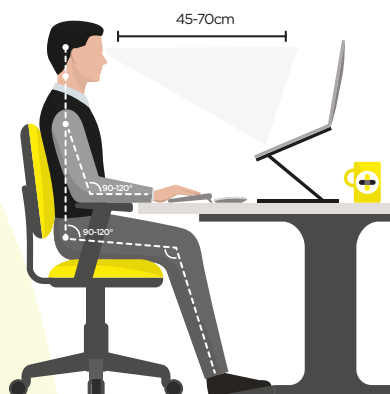
using a laptop riser

A laptop riser should be used in conjunction with an external keyboard and mouse for maximum comfort.

The laptop screen should be an arms-length away (45-70cm) from your face. The top of the screen should be at eye level and slightly tilted.



incorrect laptop position and posture



correct laptop position and posture incorporating a laptop riser