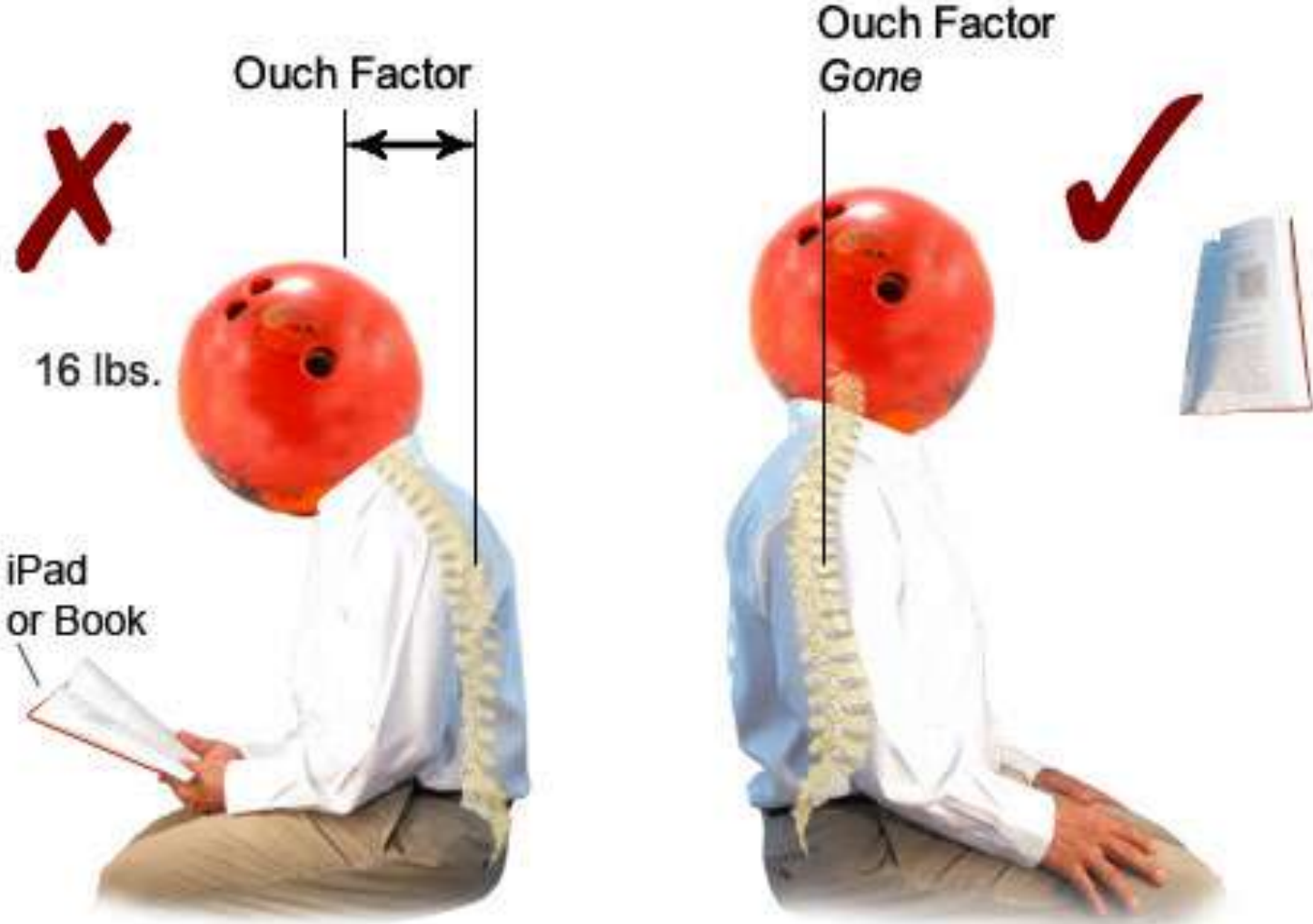


## 4. Monitor

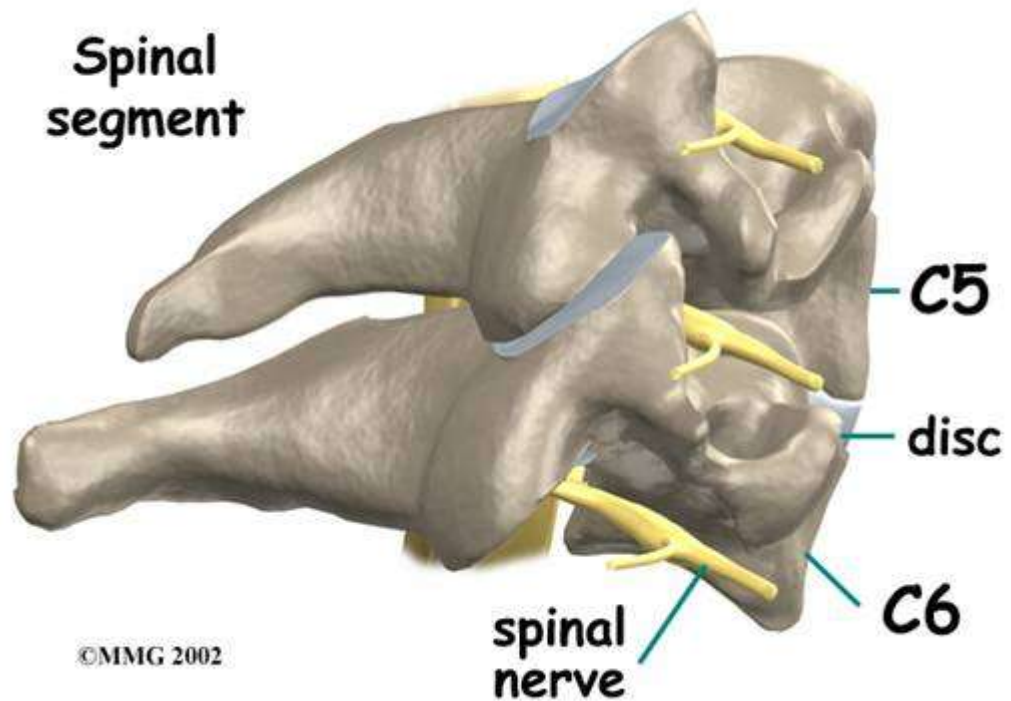
Revised 2013-06-21

- If you are experiencing any discomfort, be sure to also review the section on
  - Making Changes to Reduce Discomfort (see Main Menu)

# Monitor & Document Readability and Positioning



# Neck strain may not be just a pain in the neck

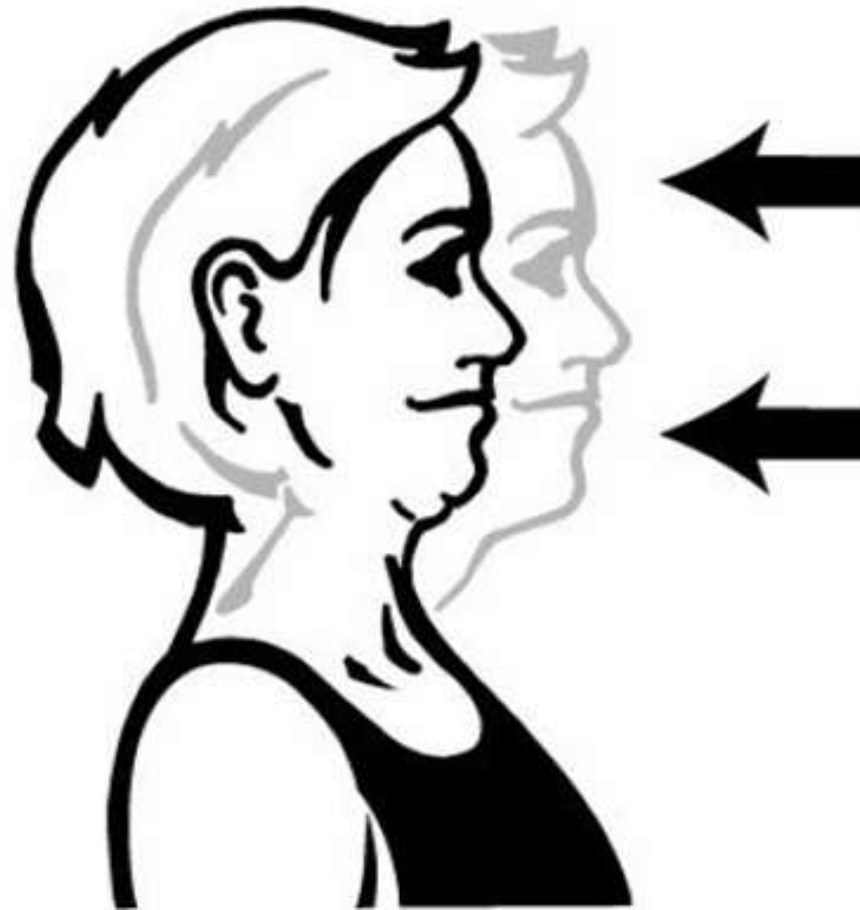


# Prolonged postures may become permanent



Graphic Source: <http://geektyrant.com/news/2010/7/12/paramount-pictures-to-develop-hunchback-of-notre-dame-action.html>

# Stretch (think opposite)



# Make Screen Easy To Read

## –Font size

– Colour choices

Colour choices

Colour choices

– Mouse pointer size

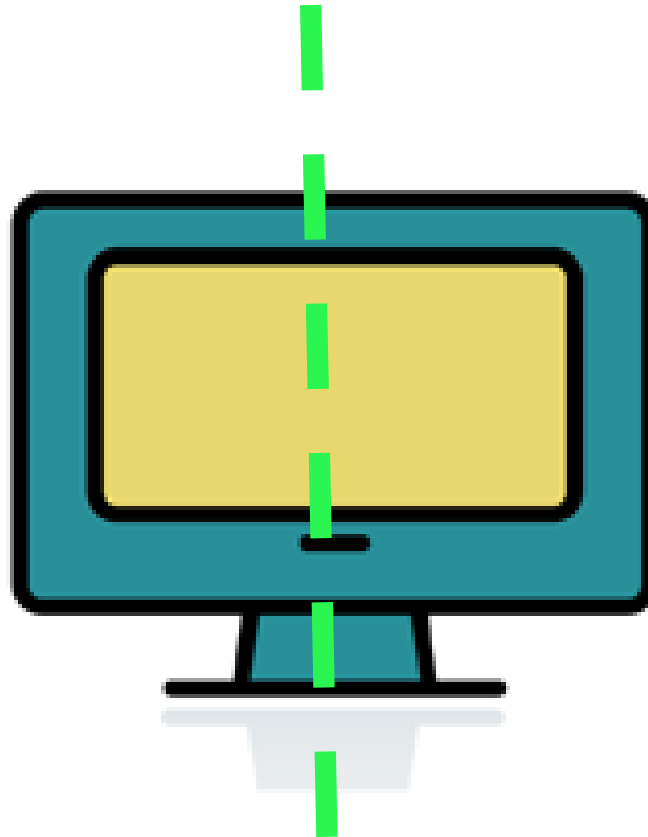
– Brightness

– Etc

a) For all programs I use, I know how to adjust:

- Character/font size
- Mouse pointer size
- Screen colours
- Monitor brightness and contrast
  
- For more information:
  - [Ontario Information and Privacy Commissioner Accessibility](#)

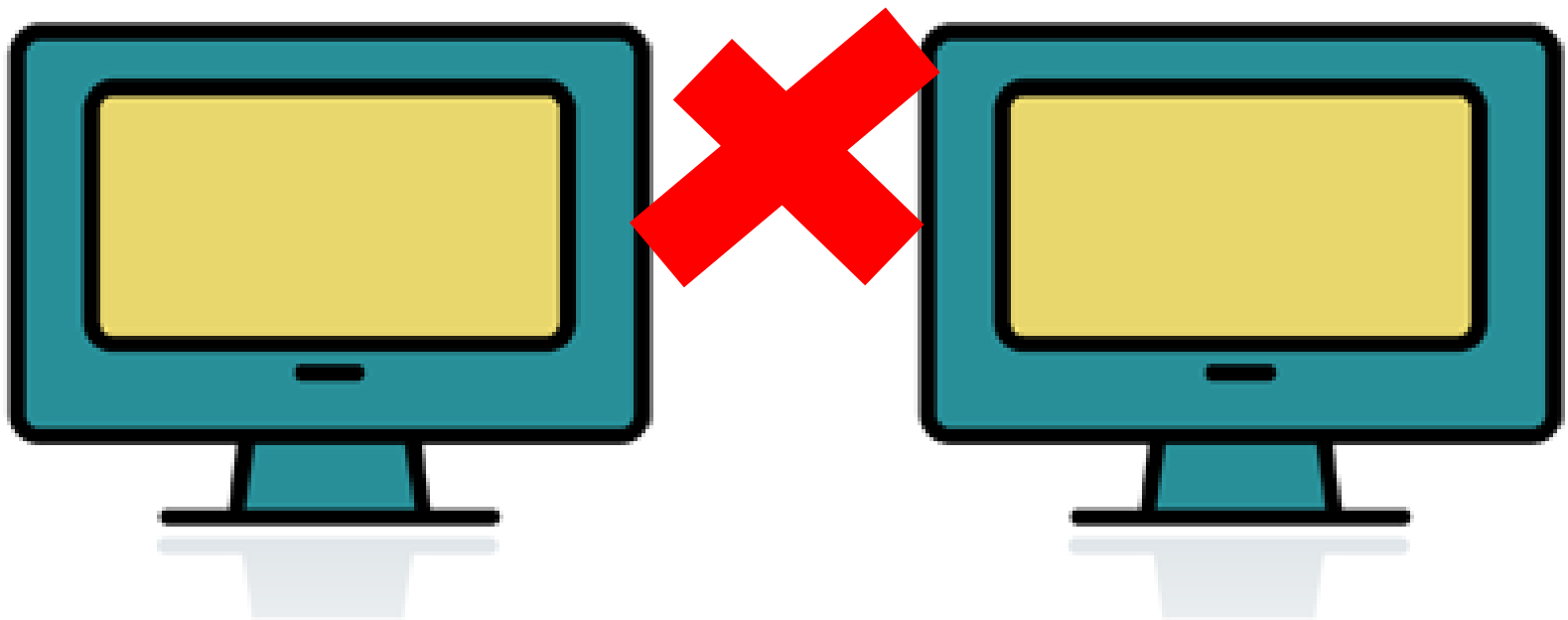
**b) If I have 1 monitor, I have moved it side to side so that my belly button is in front of the middle.**



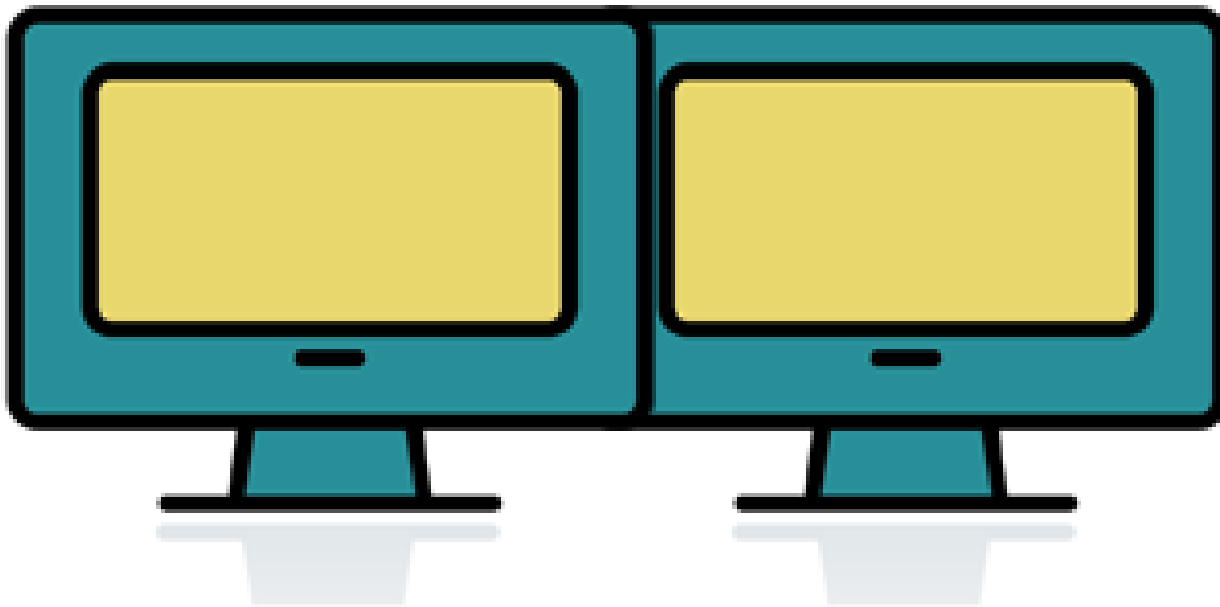
**belly button**



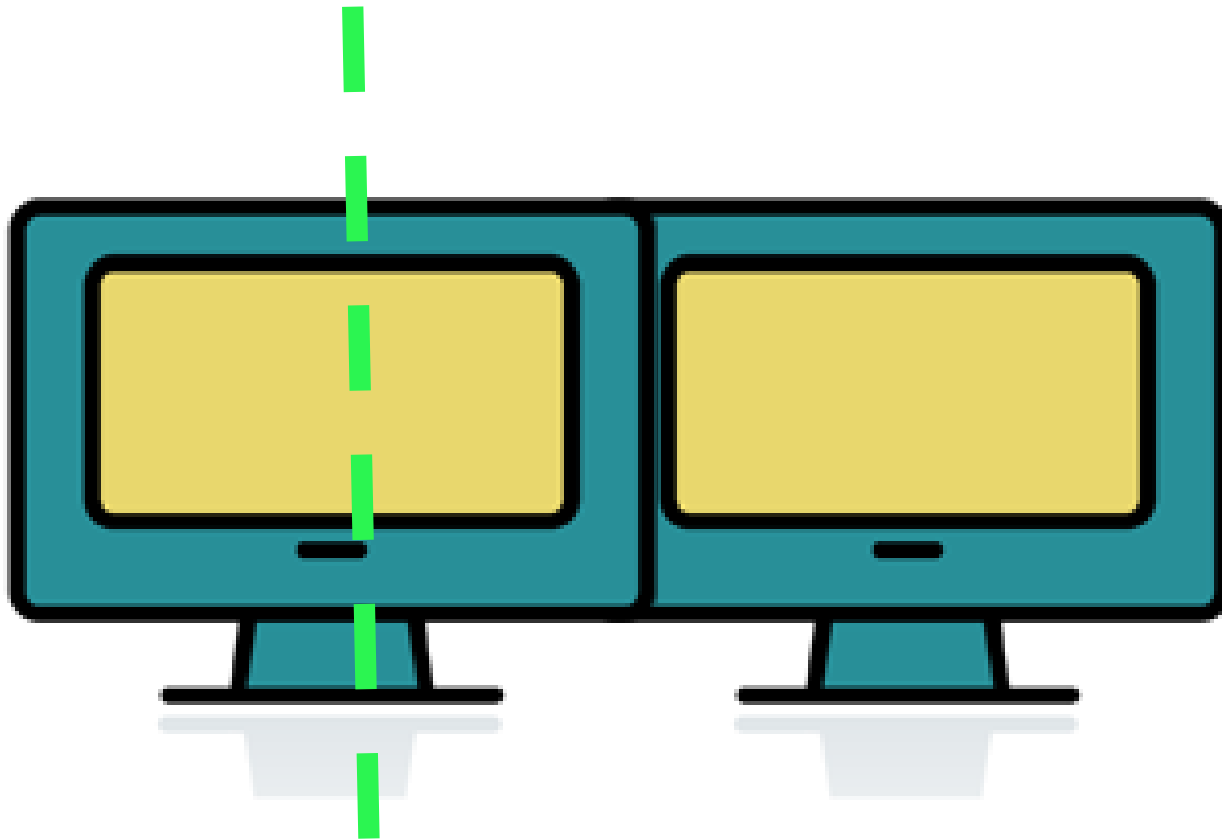
**c) If I have 2 monitors, they are positioned so there is no gap between the screens and neck twisting to the left and right is balanced.**



**Increase viewing distance (& font sizes) to reduce neck twisting. (Finger demo)**



**If one is primary monitor,  
position 2<sup>nd</sup> on the side of your dominant eye**

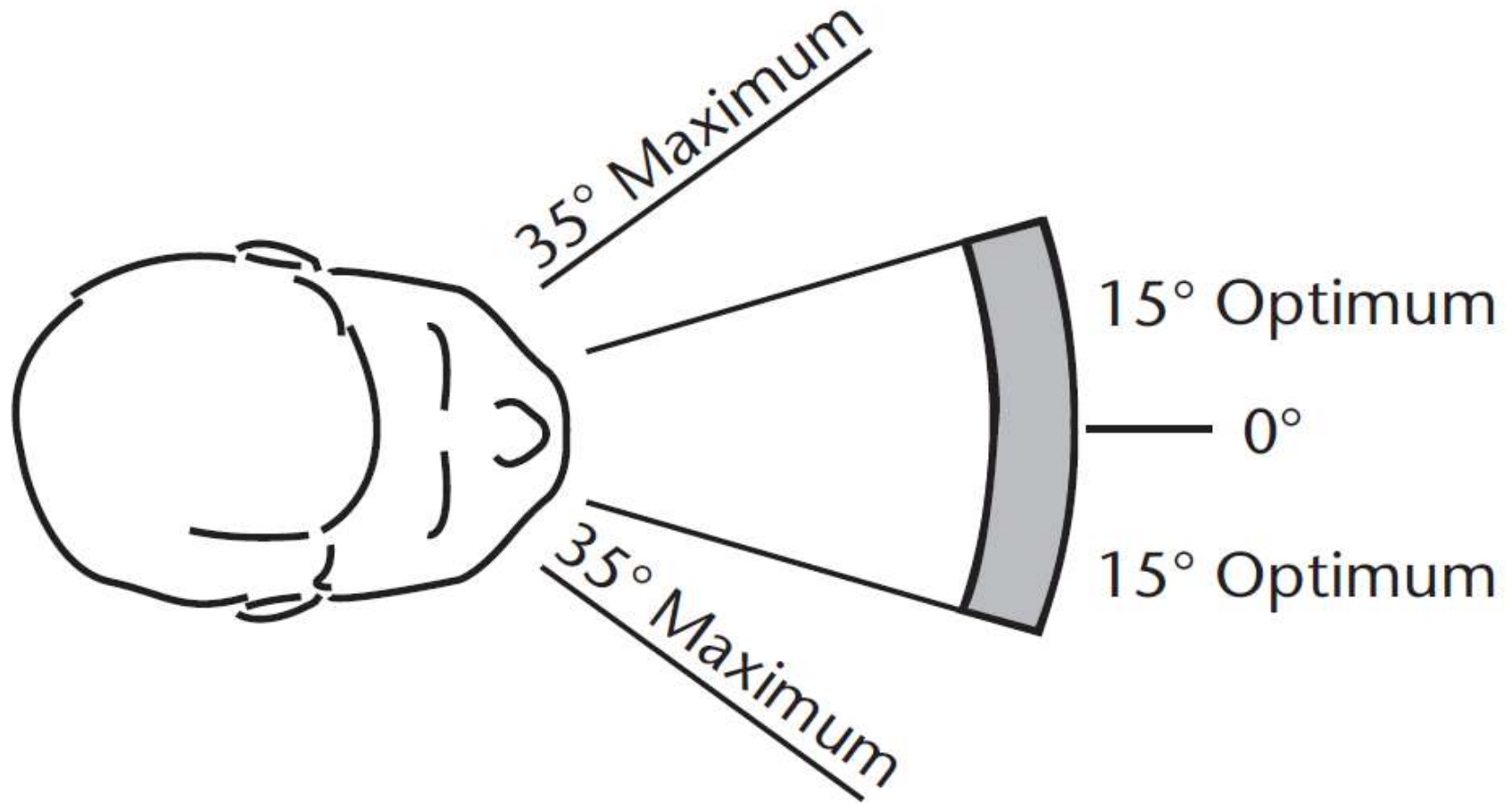


**belly button**

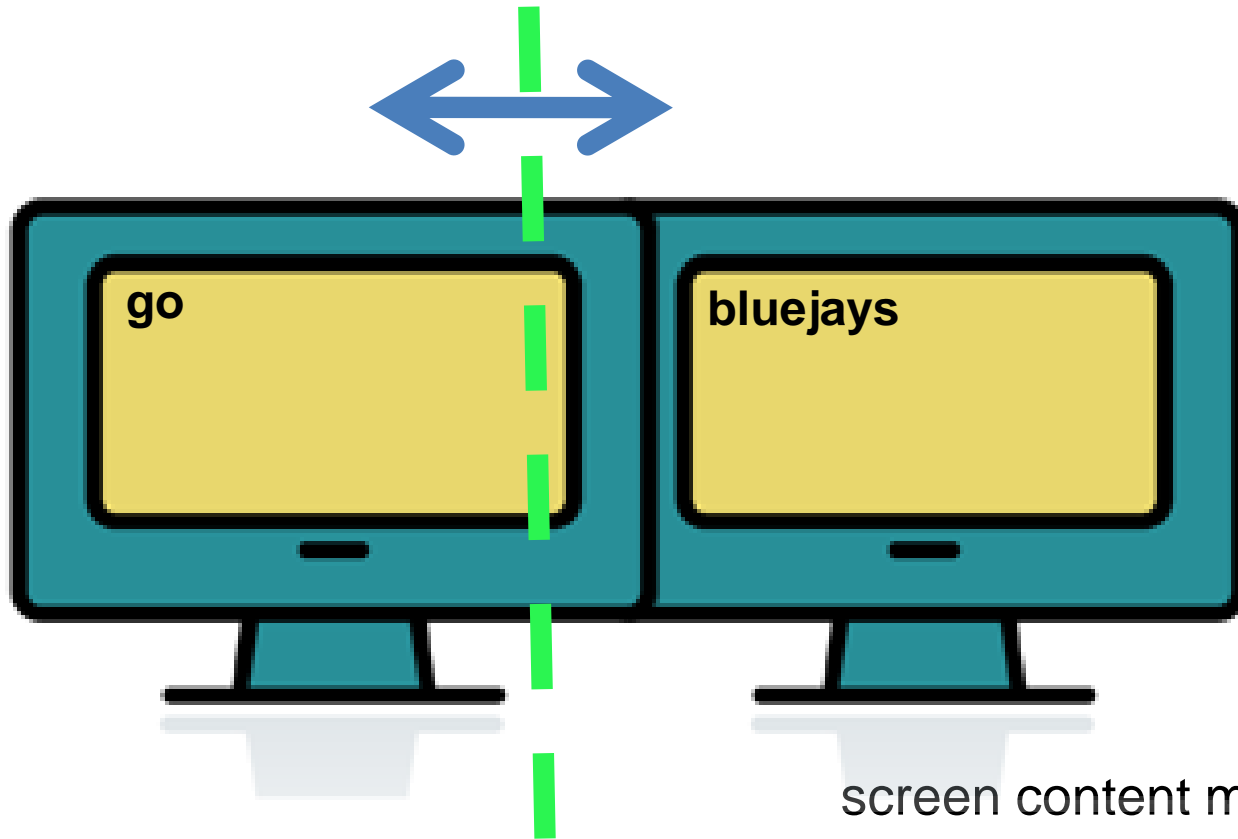
# Workshop Activity: Which eye is dominant?

- Hands overlapping with small hole
- Hands at arms length
- View target through hole (use “is” in title)
- Close one eye at a time and without otherwise moving, monitor the target with your open eye
  - When you close your dominant eye, the target disappears
- If you are not able to close each eye individually
  - Bring hands close to left eye, while keeping target in view
  - Repeat for right eye
  - Whichever eye is easiest is your dominant eye

**If both monitors are viewed with equal frequency, ensure neck twisting to the left and right is balanced**



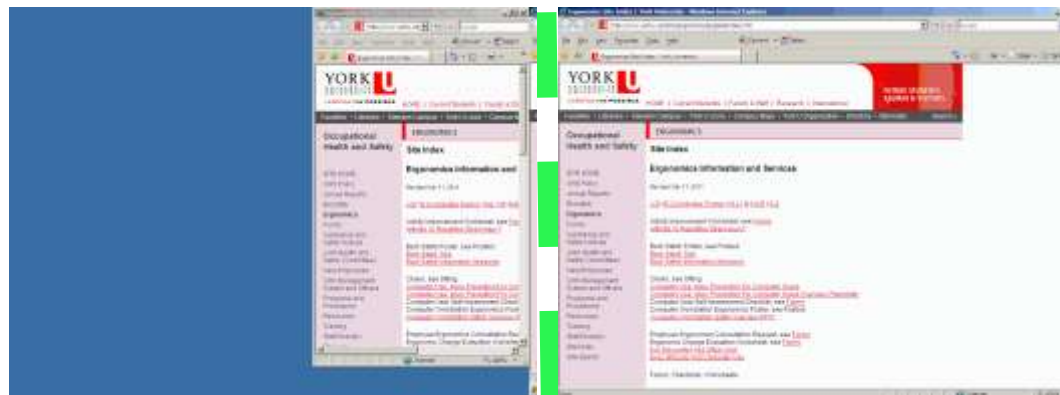
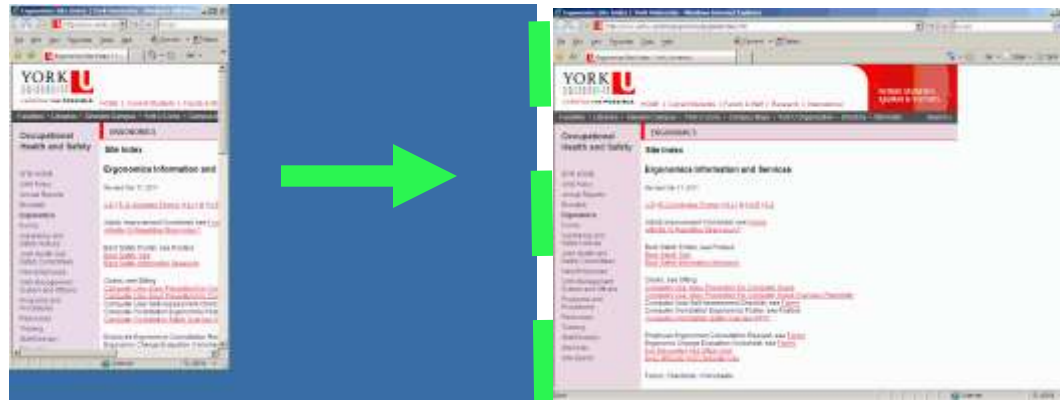
# Experimentation will be required to find the right position



screen content may appear primarily on the left side of the display

**belly button**

# Keep content close to centre



belly button

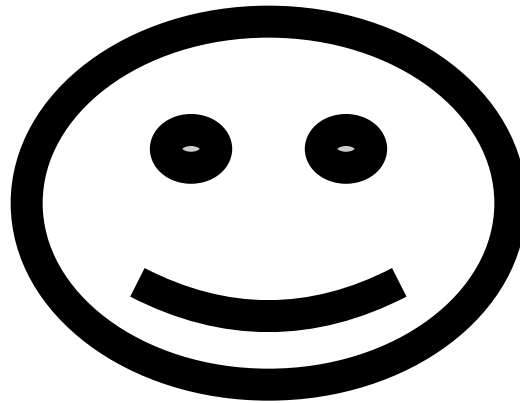
# Working with 2 monitors

- Position them close together (touching)
- Moving them farther away will reduce how much you have to twist your neck
  - make sure your fonts are big enough
- If one is viewed more than the other,
  - centre it, place the other on the side of your dominant eye
- If both are viewed equally,
  - set them up so that your neck twisting is balanced (i.e. equal in each direction)
  - generally, belly button approx between both monitors
  - keep screen content close to the centre of your field of view
    - try to move content away from the far left or right



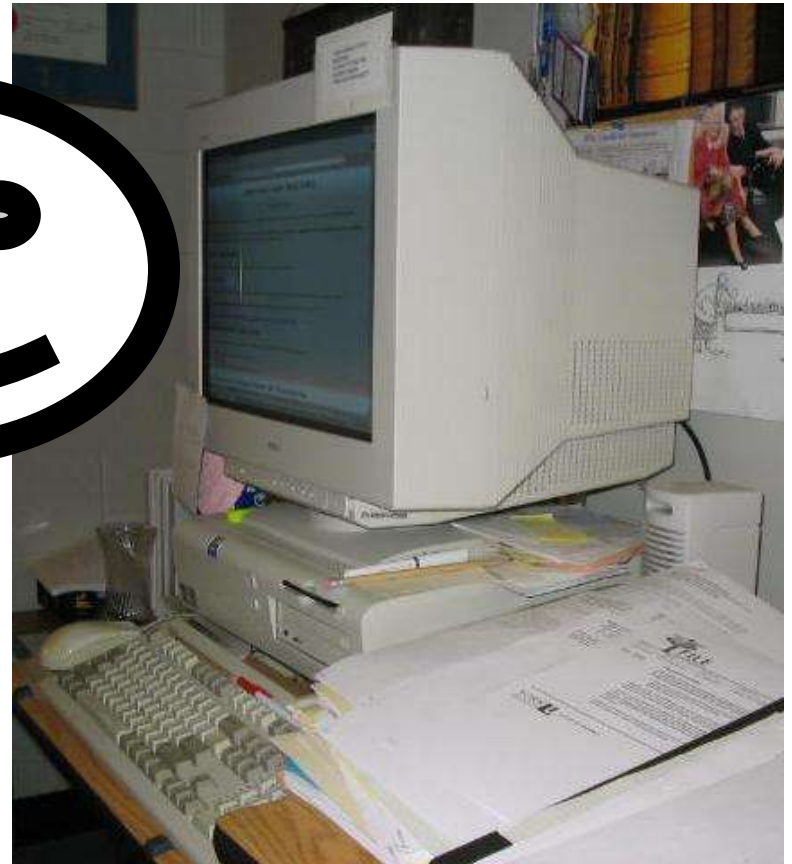
# Monitor

Is your viewing distance ideal?



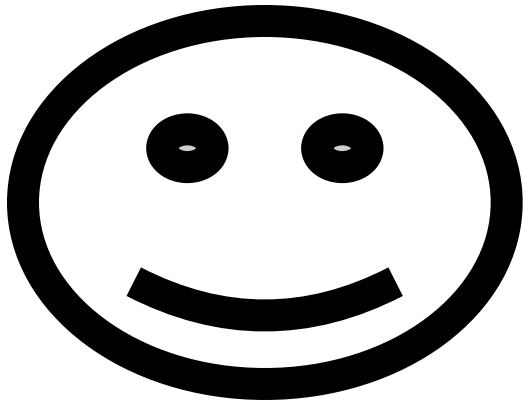
# Monitor

Is your viewing distance ideal?



# Monitor

Is your viewing distance ideal?



**d) I see the screen best at its current distance from my eyes.**

- **Potential problem:** Screen is clearer when you lean forward or move farther away from where you normally sit.

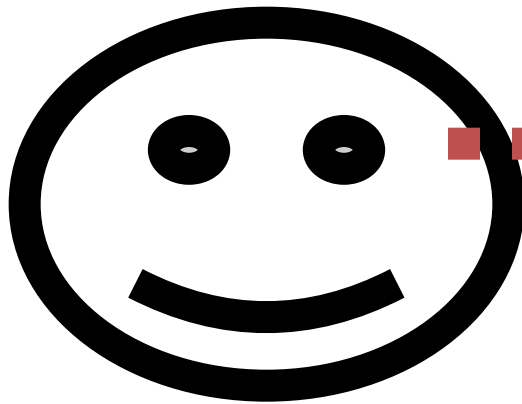
**e) I can move my monitor closer or farther away if I want to (cords long enough, etc).**



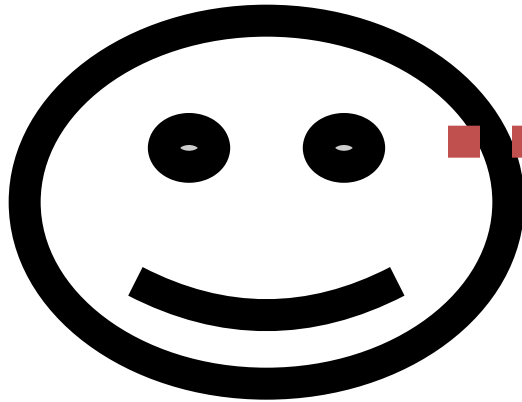
# Workshop Activity: Monitor Height (Volunteer)

- Look straight ahead
- Let me know when pen appears/disappears
- Start pen above head and lower

# Monitor Height

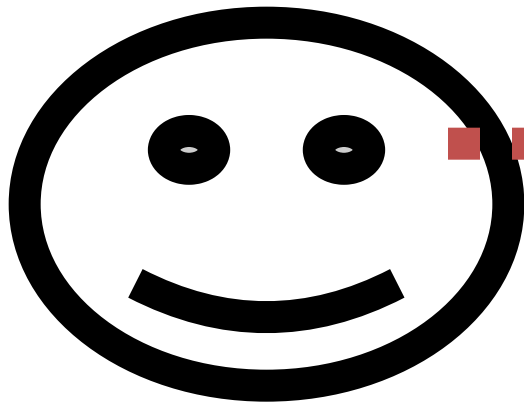


# Monitor Height (too high)

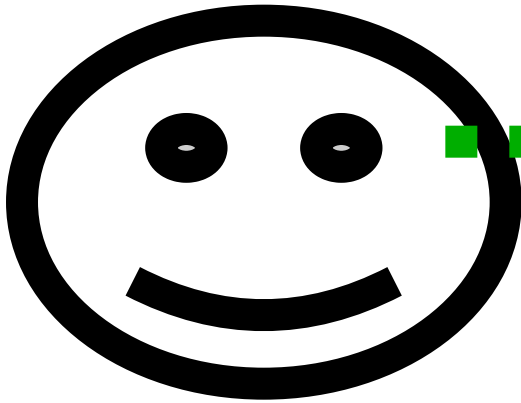




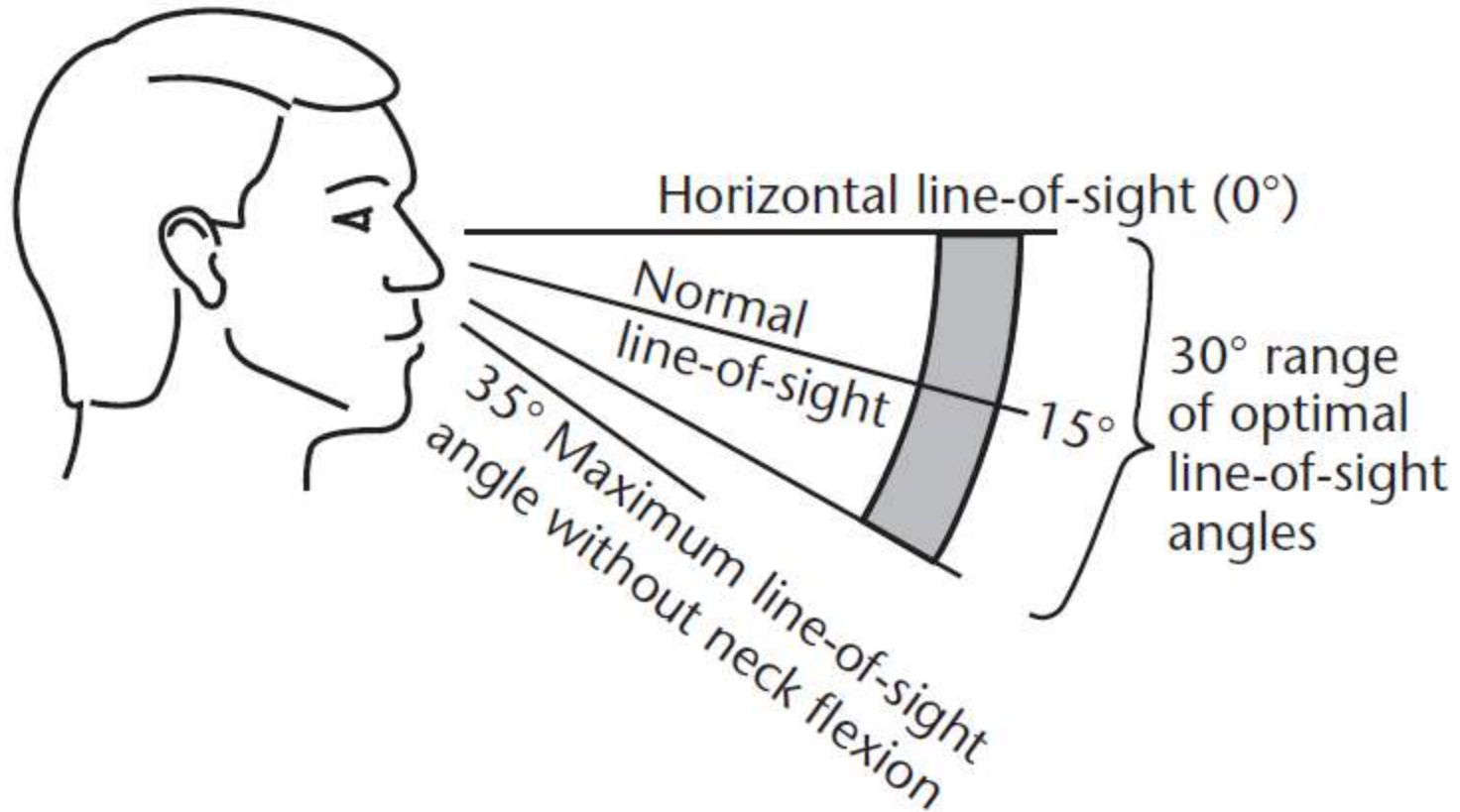
# Monitor Height (tilt monitor if below eye level)



f) Top row of my screen is at or below eye level.



**Majority of what I look at is between eye level and 30 degrees below eye level.**



**g) If I wear multifocal lenses (e.g. bifocals), I am aware of special considerations for monitor positioning.**

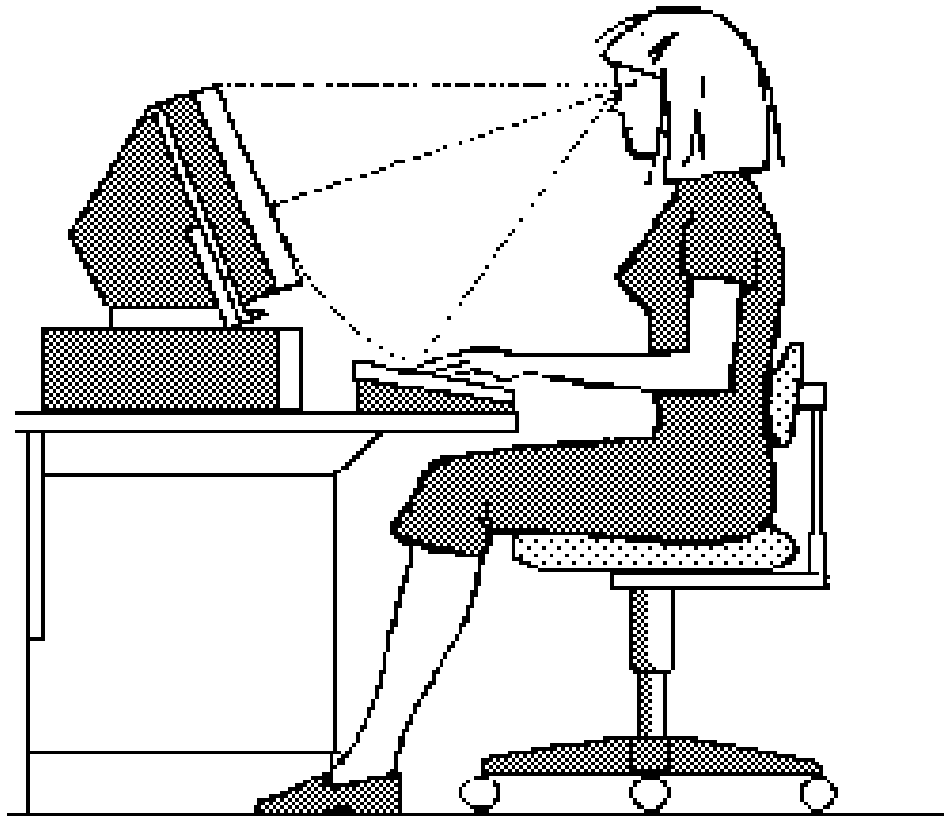
- Click here for more information on [monitor positioning for multifocal lenses](#)

**h) If my monitor is on my computer, I'm sure that it is not too high there.**



**i n v e n t**

**i) If the top of my screen is below eye level, it is tilted back enough so I can see it clearly.**



**j) When I use a notebook computer when sitting at a desk, I regularly use an external keyboard and mouse.**

More tips are available at:

[tips on using a notebook computer](#)



**j) When I use a notebook computer when sitting at a desk, I regularly use an external keyboard and mouse.**

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[tips on using a notebook computer](#)





**k) My screen is free of reflections (windows, lights, etc).**



**l) If I have window blinds, I am able to operate them easily.**



**m) My screen is free of flicker.**

# Computer monitor neck and eye strain

- More information on adjusting your computer monitor to prevent neck or eye strain is at:
  - [neck strain](#)
  - [eye strain](#)

# End of Section

- To proceed to the next section
- Click on the link below or press <Tab> then <Enter>

[Paper Documents](#)