

## Monitor selection

Task requirements, screen resolution, viewing distance should be considered when selecting a monitor.

A screen size that is too small may lead to leaning forward reading text and upper back fatigue and strain

A screen size that is too large may result in visual discomfort if the monitor cannot be placed at appropriate distance.

## Monitor set up

Adjust the monitor height so that the top third of the screen level

- o Bi-focal users should lower the monitor below eye

