POSTURITE®

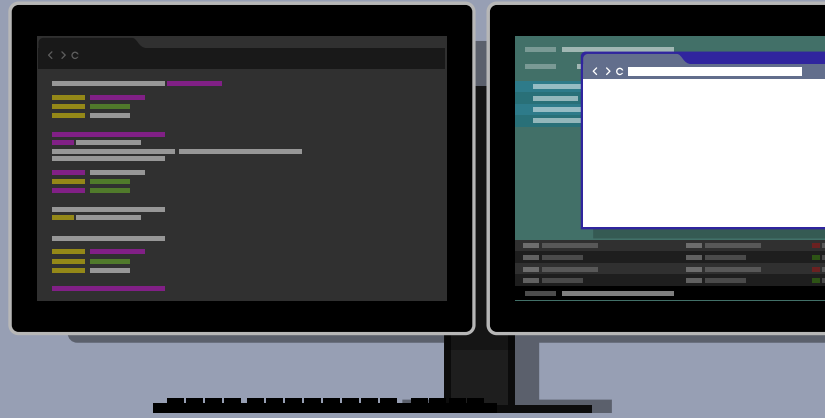# Finding the right monitor position

How you position your screen depends on your height, environment, set-up and the type of task you're carrying out

Signs you need to improve your monitor position

You work with your chin tilted upwards

You're jutting your head forward

You're leaning on your desk

You have to squint your eyes to see

You experience fatigue or eyestrain

Your back, shoulders or neck ache

How to find the perfect position for your screen
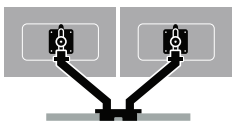
Make sure there's no glare from light sources.
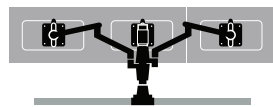
Sit about an arm's length away from your screen.

Your eyes should be level with the top part of your screen.

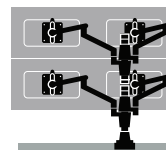Place your main monitor directly in front of you to reduce twisting.
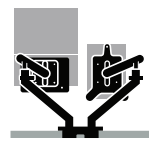
Multiple screens

Place your main monitor in front of you.

Make sure monitors are the same height where possible.

Make sure monitors are the same distance away.

Make sure laptops/tablets are your secondary screen, used for reference only.