Office Ergonomics: Monitor Placement Video



Once your mouse and keyboard are in place, your next step is the monitor. How and where you place your monitor can impact your health.

If the monitor is set too high, you’re likely to tilt your head back, causing fatigue to the neck and shoulder muscles. Setting the proper height and distance are important steps to maintaining a comfortable workstation.

Watch this video to find out how to set up single and dual screen workstations.

Adjusting your chair to your body and workspace is the first thing you should do to improve your ergonomics. After adjusting your chair be sure to adjust your mouse, keyboard and monitor placement. Wear a telephone headset and adjust lighting. If you start feeling pain, stretching your muscles can provide some relief.

(Source: https://www.safeatworkca.com/videos/office-ergonomics-monitor-placement/)