

# Positioning Your Computer Monitor

USC

*EH&S Fact Sheet  
August 2005*

ENVIRONMENTAL  
HEALTH & SAFETY

University Park Campus  
837 Downey Way, Stonier Hall 102B  
Los Angeles, CA 90089-1143  
Tel: 213-740-6448

Health Sciences Campus  
1540 Alcazar St., CHP 148  
Los Angeles, CA 90033-9005  
Tel: 323-442-2200

<http://capsnet.usc.edu/ehs/>

Computer monitors can be positioned easily to ensure proper ergonomic settings. Experiment with the settings for your screen and don't be afraid to reposition your monitor to eliminate strain to your eyes, neck and shoulders.



Checklist : Is your Monitor...

- **Positioned directly in front of you?** *Your neck should not be bent to either side while viewing the monitor.*
- **Positioned so the top of screen (not the frame) is at the same height as the corner of your eye?** *Your neck should not be bent up or down while viewing the monitor. If you wear bifocals or trifocals, it may be necessary to position the monitor slightly lower. Consider using a monitor riser, monitor arm, or repositioning the height of your chair.*
- **Positioned at an arm's length away from you when sitting back in your chair?** *You should not be straining to read what is on the screen or leaning forward in your chair. Larger fonts or monitors may allow variations to this "rule of thumb".*
- **Positioned to prevent glare from indoor lighting and windows?** *Proper positioning will minimize glare reflecting from your screen, preventing strained eyes. If glare persists a glare screen can reduce eye strain.*

Contact Environmental Health and Safety at 213-740-6448 (online at <http://capsnet.usc.edu/ehs/>) to schedule training sessions, workplace evaluations, or for answers to questions regarding ergonomics in your work area.

EH&S Fact Sheets are intended for facilitating safety discussions in your department. Post the monthly topic on your departmental bulletin board.