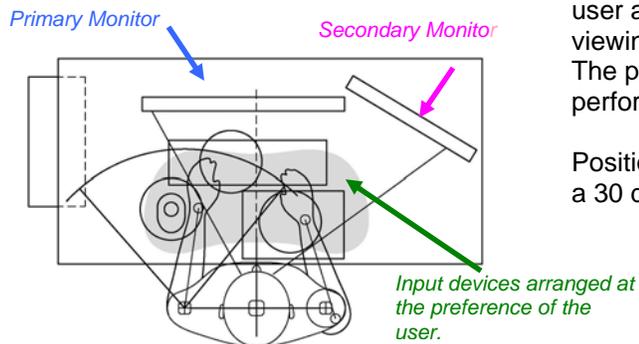


Ergonomics for Dual Monitors

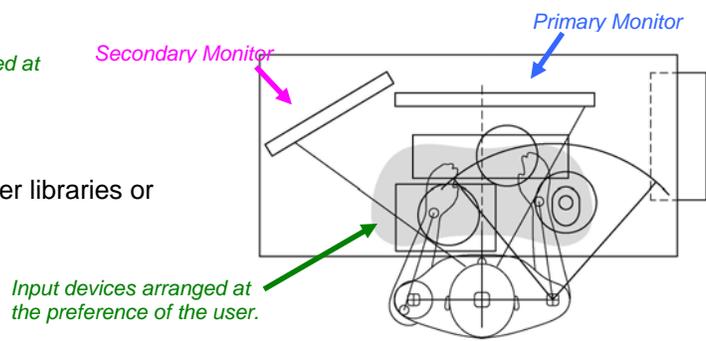
Many computer workstations have dual monitors as computer programs become even more complicated and LCD monitors become inexpensive. Dual monitors are very useful for engineering drafting programs, movie and graphics editing, and emergency response centers. Below are some simple ergonomic setup guidelines for using dual monitors:



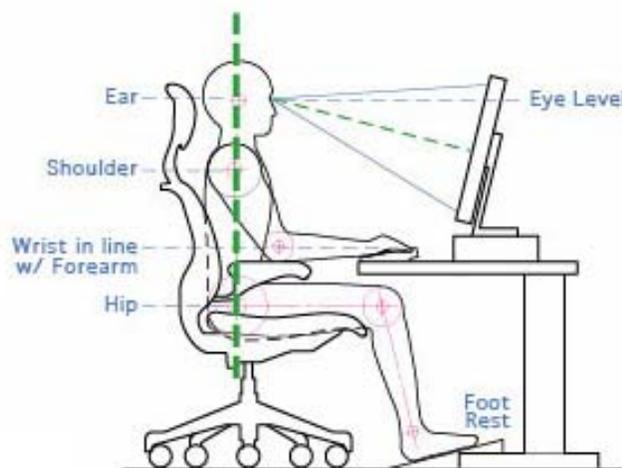
Position the primary monitor directly in front of the computer user approximately an arm's length away or at a comfortable viewing distance. The primary monitor is the display where work is actually performed.

Position the secondary monitor or monitors to the sides at about a 30 degree angle to the primary monitor.

The secondary monitor is used to display computer libraries or items needed on an intermittent basis.



Always follow proper ergonomic guidelines for setting up the overall computer workstation.



In a properly adjusted workstation the ears are in line with the shoulders and the hips.

Feet are flat on the floor or supported by a foot rest.

The back is supported.

A chair with a good range of adjustability is provided.

The mouse, keyboard, and drawing pad, if used, are all at elbow height and the same level.

Always remember to get up from your workstation every hour and stretch.

Visit the NAVFAC Ergonomics Website for more information:

www.NAVFAC.navy.mil/Safety

