

# Optimize the ergonomics of your computer screen

## Is the screen positioned correctly?

Whether sitting or standing, your screen should be positioned the same way.

- Place the screen across from you and perpendicular to the window.
- With the screen switched off, position it so that neither the window nor the lighting is reflected on it.
- Avoid positioning your screen against a wall so that you can look away during breaks.
- Position the screen at a distance at least equal to your arm length (between 50 and 70 cm approximately).

The screen should be height-adjustable and tiltable to ensure eye comfort. Your gaze should be at the level of the upper edge of the screen.



**Special case: for progressive lens wearers, set your screen lower. If you feel the need to, you can use a pair of glasses that are specifically reserved for screen work.**

## Is the screen set up correctly?

The screen size should be larger than 17 inches and suitable for the work you do.

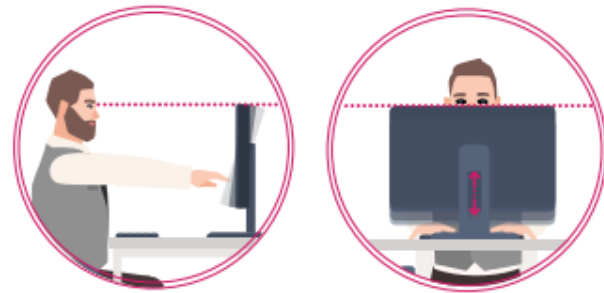
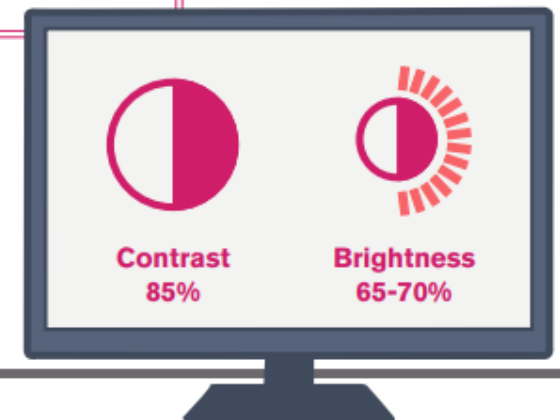
- Use positive contrast, with dark characters on a light background.
- Adjust the contrast (about 85%).
- Set the brightness (65-70%) and adjust it to your visual comfort.

Always leave it on the recommended screen resolution for a clear picture. If you feel that the text and icons are too small, you can customize the display. (PC: System Settings, Mac: System Preferences).

Remember to clean your screen(s) regularly.



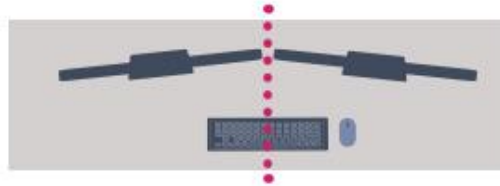
**Avoid working on a monitor in a dark room and use additional lighting to reduce the difference in brightness between the monitor and the environment.**



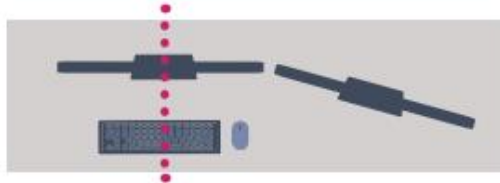
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## Is your screen suitable for the work you do (dual monitor, laptop, tablet)?

»» Working with two monitors: Using two monitors is recommended for simultaneous work on several interfaces.



If the two monitors are used simultaneously, place them symmetrically in relation to you, with the edges abutting directly in front of you.



If one of the monitors is used more frequently, place it in front of you. The secondary monitor should be flush and slightly angled.

Ideally, both monitors should be the same size and have the same characteristics and settings (font, contrast, brightness). It is also important to adjust the mouse speed if needed, in order to move easily from one screen to another (PC: System Settings, Mac: System Preferences).

## »» Working with a stationary monitor and a laptop as a secondary screen



For occasional laptop use, place it next to the stationary monitor using a riser if possible.

## »» Working on a laptop

Limit its use to meetings and travel and use a stationary monitor to reduce visual fatigue due to the size of the screen, which is often smaller.



**If prolonged use cannot be avoided, use a laptop riser to position the screen at a higher level and use a separate keyboard and mouse.**