

DUAL MONITOR ERGONOMICS

The use of two monitors at the computer workstation has recently gained in popularity. The advantages of using two monitors include increased computer desktop space, the opportunity to organize and segregate work, and increased productivity. The proper ergonomic set-up of the monitors is important to prevent pain and discomfort.

Follow these simple ergonomic set-up guidelines for using dual monitors:

Determine the amount of time you use each monitor.

- If both monitors are used **an equal amount of time** set the monitors next to each other. Where the monitors meet should be directly in front of the user. Angle them in a slight outward “V” shape.
- If one monitor is used as the **primary monitor**, position it directly in front of the user and place the secondary monitor to the right or the left at about a 30 degree angle to the primary monitor.

Size and Height of the Monitors

- Use monitors that are the same size and height.
- The top of the monitor casing should be 2-3” above eye level.
- If the user wears bi or trifocals, the monitor will usually be positioned lower so that the user does not have to tilt the head up to view the screen.

Comfortable Viewing Distance

- Set the distance of the monitor screens at arm's length.

Always follow proper ergonomic guidelines for setting up the overall workstation:

- Use a good adjustable chair with a dynamic chair back and sit back in it;
- Rest the feet on the floor or a stable footrest;
- Use a document holder, preferably in-line with the computer screen;
- Keep the wrists flat and straight in relation to forearms when using keyboard/mouse/input device;
- Keep the shoulders relaxed, elbows and arms close to the body;
- Center the keyboard in front of you with mouse on the same level;
- If necessary, use a negative tilt keyboard tray with a mouse clip platform or downward tiltable platform adjacent to keyboard; and
- Take frequent short breaks (microbreaks) every 20-40 minutes for at least 30 seconds to 1 minute.



The correct set-up for two monitors that are used an equal amount of time.



The secondary monitor to the right is used to display documents needed intermittently.