



# Enhancing Computer Workstation Comfort

**PRESERVE THE SIGHT TO FIGHT!**

Tri-Service Vision Conservation  
and Readiness Program

## Enhancing Computer Workstation Comfort

*Design your workstation to optimize muscular and eye comfort.*

- The height of the keyboard and chair should be adjusted to allow for roughly a 90-degree bend in the elbow, hip, knee, and ankle joints.
- The chair should be on a wide base, be able to swivel, and be adjustable up, down, forwards and backwards. The front edge of the seat cushion should be soft, rolled down and not come in contact with the back of the legs.
- Feet should be flat on the floor or footrest.
- Wrists should be kept straight (A wrist rest may be helpful for those who spend long hours at the keyboard.)
- The top of the monitor should be just below eye level so the neck and head remain erect.
- The monitor angle should be adjustable up and down to reduce glare. An anti-glare screen can help in some situations.
- Your workstation lighting should be under your control and adjustable depending on the task.
- If you use a document holder, it should be at the same height and distance as your monitor.
- To help prevent muscle fatigue, occasionally shift your posture or get up and move around
- To reduce eye fatigue, wear your glasses (if required) and keep your monitor at least 16" from your eyes, ideally 20 - 26". If you wear bifocals, you may need to position your monitor lower.
- Take monitor breaks. For every two hours of computer work, take 15 minutes to do an alternate activity. Look out at distance objects during these breaks.
- If you have vision-related problems while at the computer, get a comprehensive eye exam. Be sure to discuss your computer usage with your health care provider, and any other health condition that may be affecting your vision.

For more information, see the Ergonomics Resource Materials on the USAPHC website: <http://phc.amedd.army.mil/topics/workplacehealth/ergo/Pages/ResourceMaterials.aspx>