



Zone 3 - Monitor, Laptop & Document Placement



Monitor/Laptop Supports and Document Holders help reduce shoulder, neck and eye strain by positioning laptops, monitors and documents at a comfortable viewing angle.

Ergonomic Tips & Solutions

Monitor & Laptop Supports

- Always use a Monitor or Laptop support to avoid neck, shoulder and eye strain.
- Find your optimal viewing window.
- **Height:** Position the top section of your screen "just below eye level".
- **Viewing Distance:** Should be "an arms length away" approximately 500-850mm from the screen.
- **Neutral Body Posture:** Maintain correct body posture by keeping your ears, shoulders and hips in a straight line.



Document Placement

- Always use a copy holder to promote neutral posture and to avoid repetitive strain injuries.
- Place your document in a copy holder.
- Position your document close to your computer screen.
- Ensure the document holder is within the optimal viewing range - using the recommended height and viewing distance.



DID YOU KNOW?...

Workstation related illnesses cost businesses \$2,000 per sufferer*, yet ergonomics accessories start from as little as \$20.

* www.rosa.co.uk

