Ergonomics

DUAL COMPUTER MONITORS

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http://www.marines.mil/unit/mclbalbany/Pages/Safety/Ergonomics/Default.aspx

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 work related musculoskeletal disorders.

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.*

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

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.*

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