

Monitor





9. Consider a swivel arm

If you frequently interact with others, and placing your monitor in the recommended location would interfere with your interactions, consider purchasing a swivel arm. Swivel arms enable users to maintain proper monitor location while in use and easily swing their monitors out of the way when not in use.

Tips for Healthy Monitor Usage

1. Follow the 20/20/20 Rule

If you tend to work on your computer for prolonged periods of time, be sure to take a 20 second break every 20 minutes and look at least 20 feet away. This gives your eyes a break and chance to adjust focus—a great way to avoid visual fatigue.

2. Keep a clean screen

Dust gathers easily on monitor screens. Be sure to periodically use a recommended solvent to remove any accumulated dust or fingerprints, ensuring a clean and visually consistent display.