## Don't be a Spock – Adjust your monitor height





Spock's monitor location may lead to discomfort

Uhura's monitor is positioned much better

## Position the top of your monitor at or slightly below seated eye height



Favor a slightly lower monitor height if you:

- 1. Work with hardcopy
- 2. View through bifocals or progressive lenses or
- 3. Look at the keyboard when typing.

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