Quick Tips for Setting Up Your Monitor

- Keep monitor centered directly in front of you.
- Sit approximately an arm’s length away from monitor. The recommended distance is 18"-30" from monitor. Bifocal wearers may need screen lower.
- Adjust the height of the monitor with the top of the screen level with your eyes. Use a monitor riser to raise monitor.
- Reduce glare from overhead lights and/or windows.
- To avoid visual fatigue follow the 20/20/20 rule. Look 20 feet away for 20 seconds every 20 minutes.
- Avoid flexing neck/back forward or backwards to view screen. Adjust font/brightness/color to avoid eye strain.