

#WomanExpert'sView

You already know how to work with your laptop.

Now let's focus on the correct positioning of a monitor, for example the one attached to the laptop.

?

**How to work
with a monitor
and stay
healthy?**



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01.

**Put your monitor right
in front of you.**

Sitting sideways to it can
cause discomfort, greater
tension in one side of the
body, neck pains etc.
Better change it!

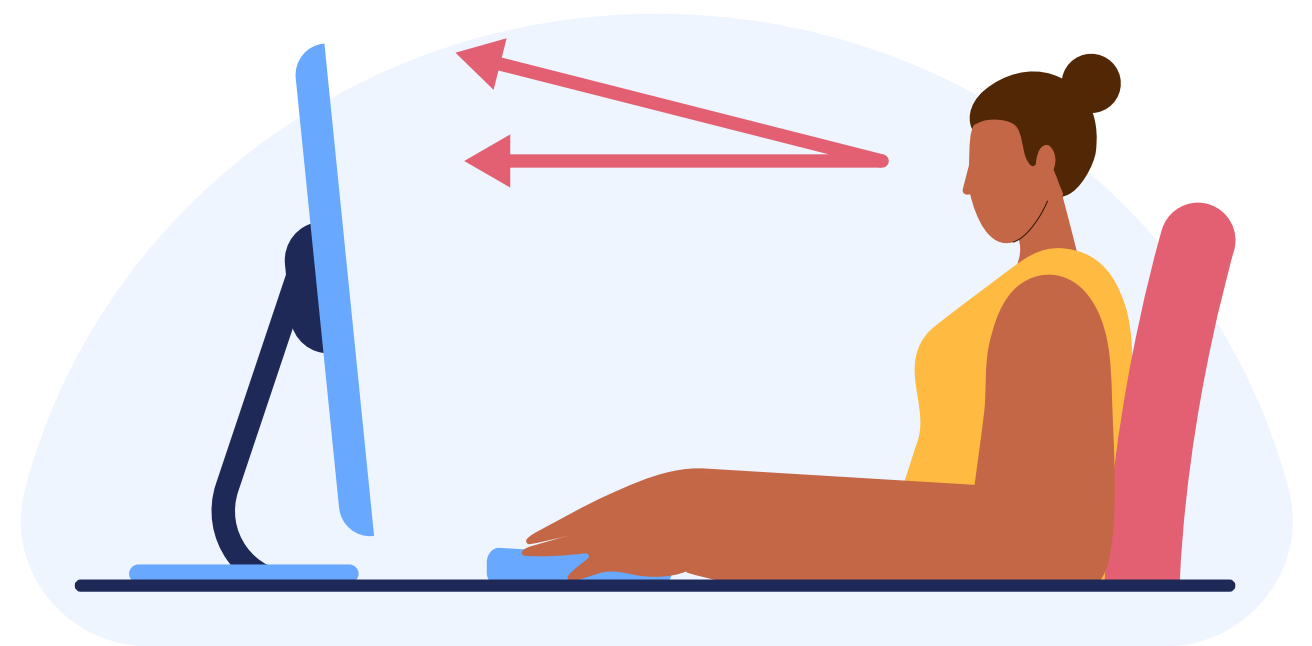


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02.

Position the top edge of your monitor at eye level or slightly higher.

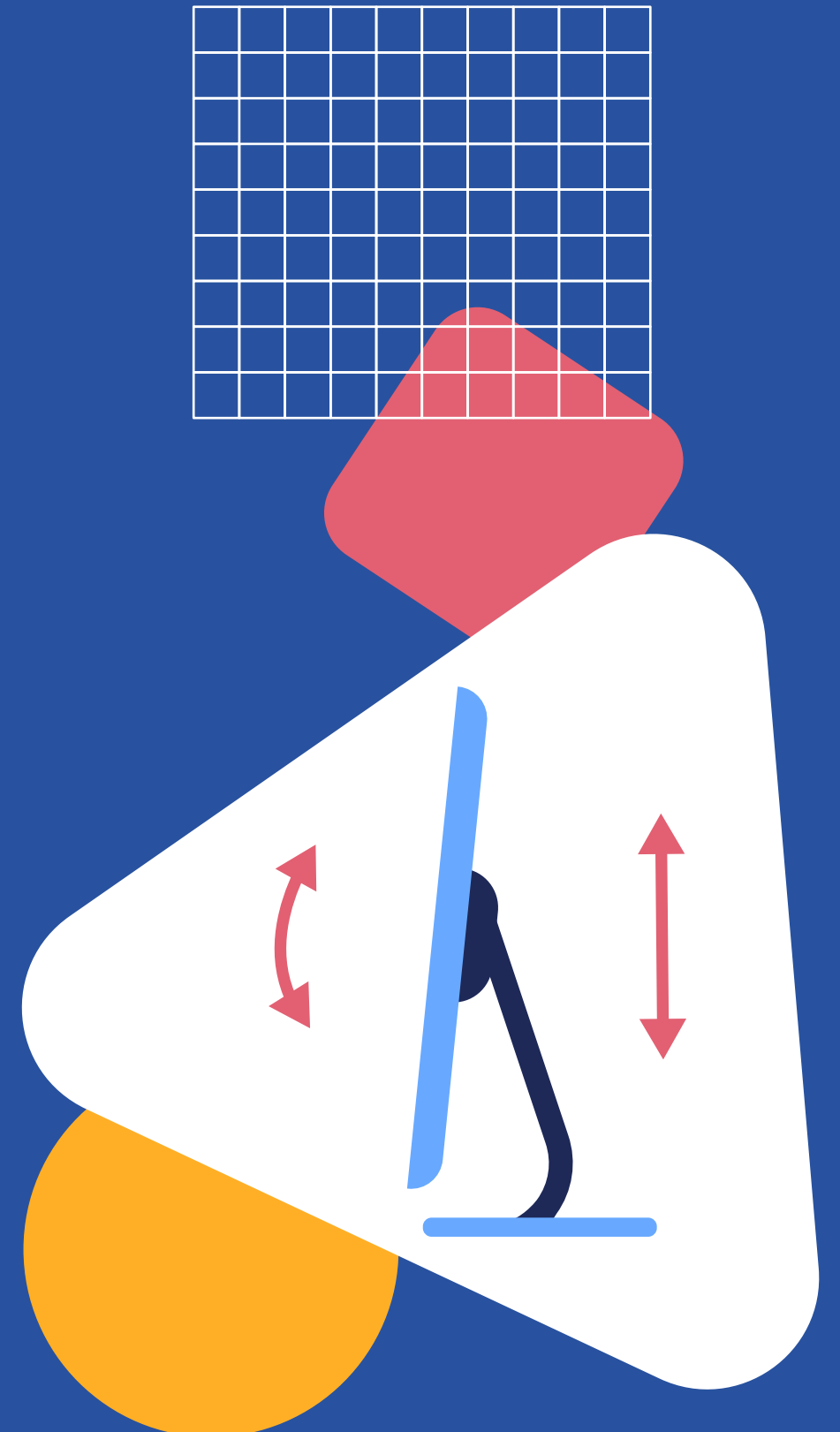
If you need to raise it, put it on a stable stand.



 **Learn more!**

**Are you about to
purchase a new
monitor?**

**Consider a model
with adjustable
height, not only
tilt angle.**

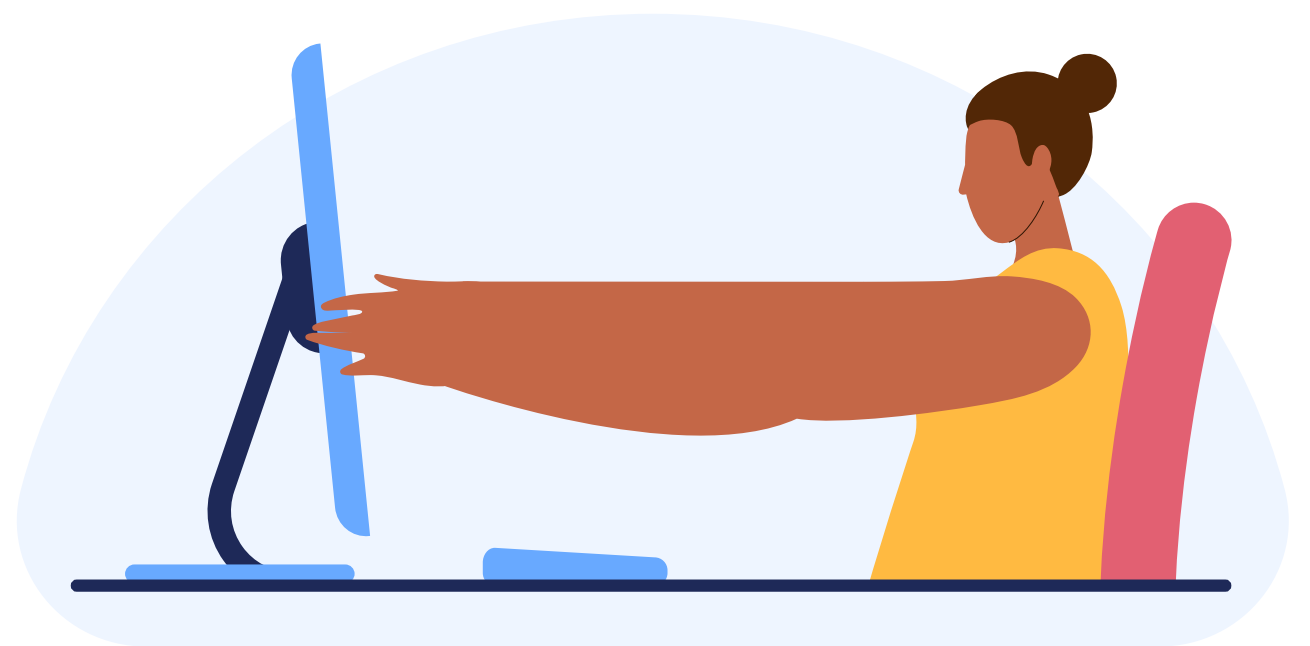


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03.

Push your monitor away at least at arm's length. The best distance is 60 cm.

Remember: the bigger the monitor, the further it should stand. A big one should be put maximum at 1 meter distance.



04.

Work with the natural light and minimize glare. Position your monitor sideways to the window at approx. 1 m distance.

Make sure no light from the window or the lamps reflects on the monitor and the sun doesn't hurt your eyes.



05.

Do you work with 2 monitors? It's best if they have a similar size.

Position them in a way that lets you move your head in one plane, e.g. the horizontal one – left to right, but not up and down. This way you will protect your head from excessive harmful movements!



Learn more!

**Are you planning on buying
a second monitor?**

**Buying one larger monitor (e.g.
27 inches) that will allow you to
display 2 pages simultaneously
may be a better idea.**

06.

**Make sure to take breaks
to let your eyes rest.**



Use the “20-20-20” rule, for example!

What does it mean? Every 20 minutes, look at a spot 20 feet (six meters) from you for 20 seconds. It's best to look at the green outside!

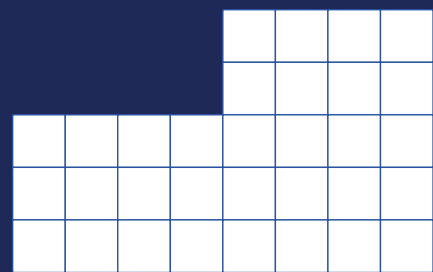
#OkiemEkspertki

**If you take care of your health
at work, you will enjoy your
free time instead of spending
it on rehabilitation.**





**Take a short test and
check if your way of
working is ergonomic!**



[https://www.mydoorsign.com/
free-office-ergonomics-quiz](https://www.mydoorsign.com/free-office-ergonomics-quiz)



WOMAN EXPERT

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