



Visual ergonomics on-the-go

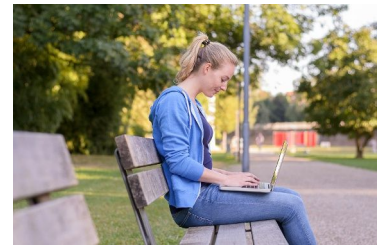
STRAIGHT

Place the digital device you are using most of the time straight head / directly in front of you.



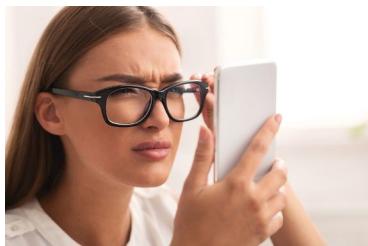
DOWN

Place your digital device slightly below eye height (but not so low that your head/neck is flexed a lot).








BIG

Make the font size large enough so you can read comfortably (or use a larger format device).



CHECK

-  Your work is set up correctly: STRAIGHT, DOWN, BIG
-  There are no reflections on your device that cause you to sit with an awkward posture.
-  Your eyes are getting a regular break: look away from your work every 15-30 minutes.
-  You can see your work comfortably: get your eyes tested.
-  You are comfortable. If not, ask someone to watch you while you work to see if you are holding your body in an awkward posture.

Based on: "Visual Ergonomics on-the-go" by J Long and H Richter, WORK (2019) 63: 321-324, DOI: 10.3233/WOR-192936 (free download)

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