

Definitions

Primary monitors – monitors requiring viewing for a significant proportion of the working day and requiring extended periods of sustained viewing.

Secondary monitors – monitors requiring viewing for a limited proportion of the day (<20% of overall viewing) and not requiring periods of sustained viewing (<5 minutes).

Tertiary monitors – monitors requiring viewing for only very short periods (<5% of overall monitoring viewing) and only requiring very short periods of sustained viewing (<30 seconds).

Two Monitors



General recommendations

- Monitors should be positioned so that the top of the screen is at eye level (this is likely to require elevating the monitor about desk level).
- If different size monitors are used the centre of each screen should be positioned at the same height.
- Monitors should be positioned so that both monitors are at arm's length distance.
- Monitors should be positioned so that a slight arc is formed with the monitors to ensure the 'arm's length' distance is present across the span of monitors.
- Any gap should be minimised between monitors.
- Each screen should be tilted up slightly (approx. 15°).
- User should ensure that comparable levels of brightness, contrast and font size exist with each monitor.

- The user is centrally positioned between both monitors with body, chair and keyboard.
- That workload is spread evenly across both monitors.
- That the user continues to follow all other 'work setup checklist' guides.

Specific recommendations

- That if one monitor is used for a sustained period the user should temporarily position themselves (body/chair/keyboard) directly in front of that monitor.

Not acceptable use of two monitors

- Use of a laptop monitor at desk level.
- Use of laptop monitor at desk level with desktop screen at an elevated level.
- Positioning of monitors which do not conform to guides above.

Three Monitors



General recommendations

- Monitors should be positioned so that the top of each screen is at eye level (this is likely to require elevating the monitor above desk level).
- If different size monitors are used the centre of each screen should be positioned at the same height.
- It is preferable to have larger screens to the centre of any configuration (see specific recommendations in regards to primary/secondary/tertiary monitors below).
- Monitors should be positioned so that each monitor is at arm's length distance.
- Monitors should be positioned so that a slight arc is formed with the monitors to ensure the 'arm's length' distance is present across the span of monitors.
- Any gap should be minimised between monitors.
- Each screen should be tilted up slightly, approximately 15°.
- User should ensure that comparable levels of brightness, contrast and font size exist with each monitor.
- The user is centrally positioned between both monitors with body, chair and keyboard.
- That commonly viewed workload is spread evenly across central monitors.
- That the user continues to follow all other 'work setup checklist' guides.

Specific recommendations for different configurations

- 2 primary / 1 secondary or tertiary
 - User is positioned between the two primary monitors.
 - Programs / documents associated with secondary / tertiary monitor should be located on primary (central) monitor closest to secondary / tertiary monitor.
 - If central primary and secondary / tertiary monitors are used for an extended period the user should temporarily position themselves (body / chair / keyboard) directly in front of both of these monitors.

- 3 primary / 1 secondary or tertiary
 - User is positioned between the three primary monitors.
 - Predominantly used programs / documents should be located in central primary monitors.
 - Program / documents associated with use of secondary / tertiary monitor should be located on primary monitor adjacent to secondary / tertiary monitor.
 - If the primary and adjacent secondary / tertiary monitors are used for an extended period the user should temporarily position themselves (body / chair / keyboard) directly in front of both monitors.

- 2 primary / 2 secondary or tertiary
 - Primary monitors should be positioned in the centre of monitor bank and secondary / tertiary monitors to the outside.
 - Predominantly used programs / documents should be located in central primary monitors.
 - Programs / documents associated with use of secondary / tertiary monitor should be located on primary monitor adjacent to secondary / tertiary monitor.
 - User is positioned between the two primary monitors.
 - If central primary and secondary / tertiary monitors are used for an extended period the user should temporarily position themselves (body / chair / keyboard) directly in front of both monitors.

References

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