Finding the right monitor position

How you position your screen depends on your height, environment, set-up and the type of task you’re carrying out.

**Signs you need to improve your monitor position**

- You work with your chin tilted upwards
- You’re jutting your head forward
- You’re leaning on your desk
- You have to squint your eyes to see
- You experience fatigue or eyestrain
- Your back, shoulders or neck ache

**How to find the perfect position for your screen**

- Make sure there’s no glare from light sources.
- Sit about an arm’s length away from your screen.
- Your eyes should be level with the top part of your screen.
- Place your main monitor directly in front of you to reduce twisting.

**Multiple screens**

- Place your main monitor in front of you.
- Make sure monitors are the same height where possible.
- Make sure monitors are the same distance away.
- Make sure laptops/tablets are your secondary screen, used for reference only.

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