Troubleshooting Head and Neck Discomfort

Guideline

Issue Date: 6/12/18
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Is your monitor directly in front of your keyboard so your neck is not turned during viewing?

Correct Posture
Neck muscles are relaxed.

Incorrect Posture
To correct, move monitor directly behind keyboard.

If wearing single prescriptions, contacts or no glasses at all, is the top of the monitor horizontal to your eyes so the main content on the screen is lower than horizontal?

Correct Posture
Ideal viewing is 15 degrees below horizontal.

Incorrect Posture
To correct, raise or lower monitor height.

If wearing bifocals, is the top of your screen horizontal the middle of your glasses?

Correct Posture
Monitor height is lower to see from middle to lower part of glasses.

Incorrect Posture
To correct, lower monitor height.

Do you avoid cradling the phone between the shoulder and your ear?

Correct Posture
No compression of blood supply or nerves of neck

Incorrect Posture
To correct, hold receiver in hand or use speaker phone or headset.