

Title:

Osha Standards And Your Office Computer Monitor

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Summary:

In the 21st century office, ergonomics has become a very important element of design of structure.

Keywords:

Article Body:

In the 21st century office, ergonomics has become a very important element of design of structure.

In this regard, OSHA has set forth specific guidelines to be utilized when it comes to computer monitors.

First of all, when it comes to computer monitors, OSHA guidelines maintain that a computer monitor should be positioned so that the user's line of sight is perpendicular to the screen.

Second, the angle and tilt of the monitor should be easily adjustable. Different people are different heights and different viewing angles.

Finally, in order to keep a workspace clear and uncluttered -- and thereby safer and easier to use -- the monitor should be positioned so that the user's line of sight is perpendicular to the screen.

More information on the OSHA guidelines pertaining to computer monitors for safe workstations can be found at <http://www.osha-slc.gov>.

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