

## Ergonomics - Lighting

Depending on the location of the monitor in the room an anti-glare screen may need to be obtained to prevent eyestrain. When light bounces off the glass surface of the screen it can make viewing almost impossible. If the glare does not come off the monitor directly it may come from other surfaces. If the source of the glare can't be moved then an anti-glare screen maybe necessary. Glass anti-glare screens are preferable to nylon mesh screens which can make reading difficult. If an anti-glare screen is installed it must be cleaned regularly to prevent dust build-up.

When a workstation is first being designed consideration should be given to the direction of the light and how it will affect a computer user. Ideally when you face the monitor you should be sitting beside or parallel to the window.

There are situations that will require you to adjust the blinds to reduce the amount of light on the screen. If you face the window, light from outside shines directly into your face and makes it difficult for you to focus on the screen. If you sit with your back to the window you may have problems with reflections and/or high light levels.

If you have too much light in a workarea you will experience glare. Glare makes people screw their eyes up in an attempt to cut down the amount of light getting into their eyes. This quickly leads to headaches and eyestrain. Glare has two sources

- direct light of which sunlight is a prime example when you have your computer monitor positioned so that it is in front of a window
- light reflected off other surfaces in the room (desk, screen, walls). Having a matte finish on walls and desks reduces the amount of reflected light in a work area.

If overhead lighting causes reflections on the monitor screen adjustment of the screen to make sure that it isn't tilted up towards the light source will help. Diffusers and "soft" light will also help minimize glare. Remember the bigger the monitor, the more chance you will see glare so position your monitor with care.

Low lighting levels also cause eyestrain and should be avoided as much as glare. Task lighting provides additional lighting to the area where you need it. If you are right handed you should have the lamp on the left of the work to prevent shadows of your hand and pen being cast on your work.