

# JOHN LANT & PARTNERS

OSTEOPATHS

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## Advice Sheet AS14: Use of VDUs and Computers

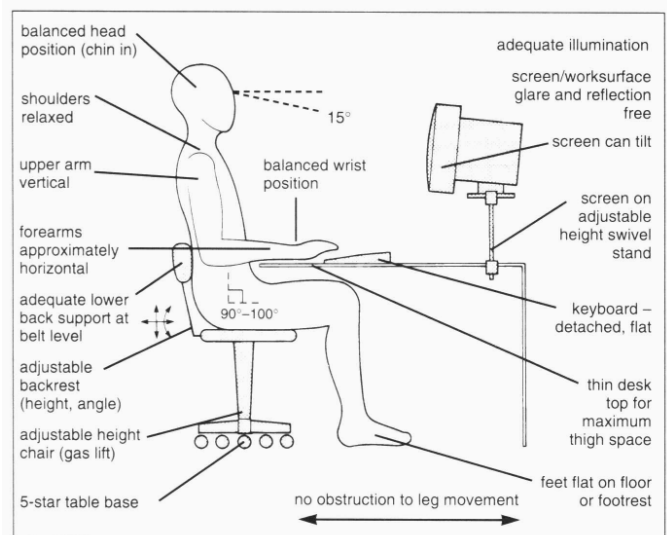
### Desk Top



- Is there enough space for your thighs under the desk?  
There should be adequate space to find a comfortable position.  
A footrest may be needed in some cases.
- Is there enough desk surface to allow flexible arrangement of equipment?  
The depth of the desk from front to back should be 80-100cm.

### Keyboards

- The keyboard should be detached and tiltable so that it is possible to find a position that will avoid hand or arm fatigue.
- Your arms should be at a height where your upper arm can relax with elbows at a right angle and forearms horizontal when hands are on the keyboard.
- There should be enough workspace in front of the keyboard to rest hands and arms. This is between 6-8cm.



### Copy Stand.

- The document should be adjustable and positioned to minimise the need for uncomfortable head and eye movements.

### VDU Screen

- The screen should be flicker, glare and reflection free.
- It should be tilt-table and on a swivel stand.
- The top of the screen should be level with the forehead and the distance of eye to screen between 50-90cm.

### Lighting

- To avoid reflection on the screen the VDU screen should be at right angles to the windows or main lighting.