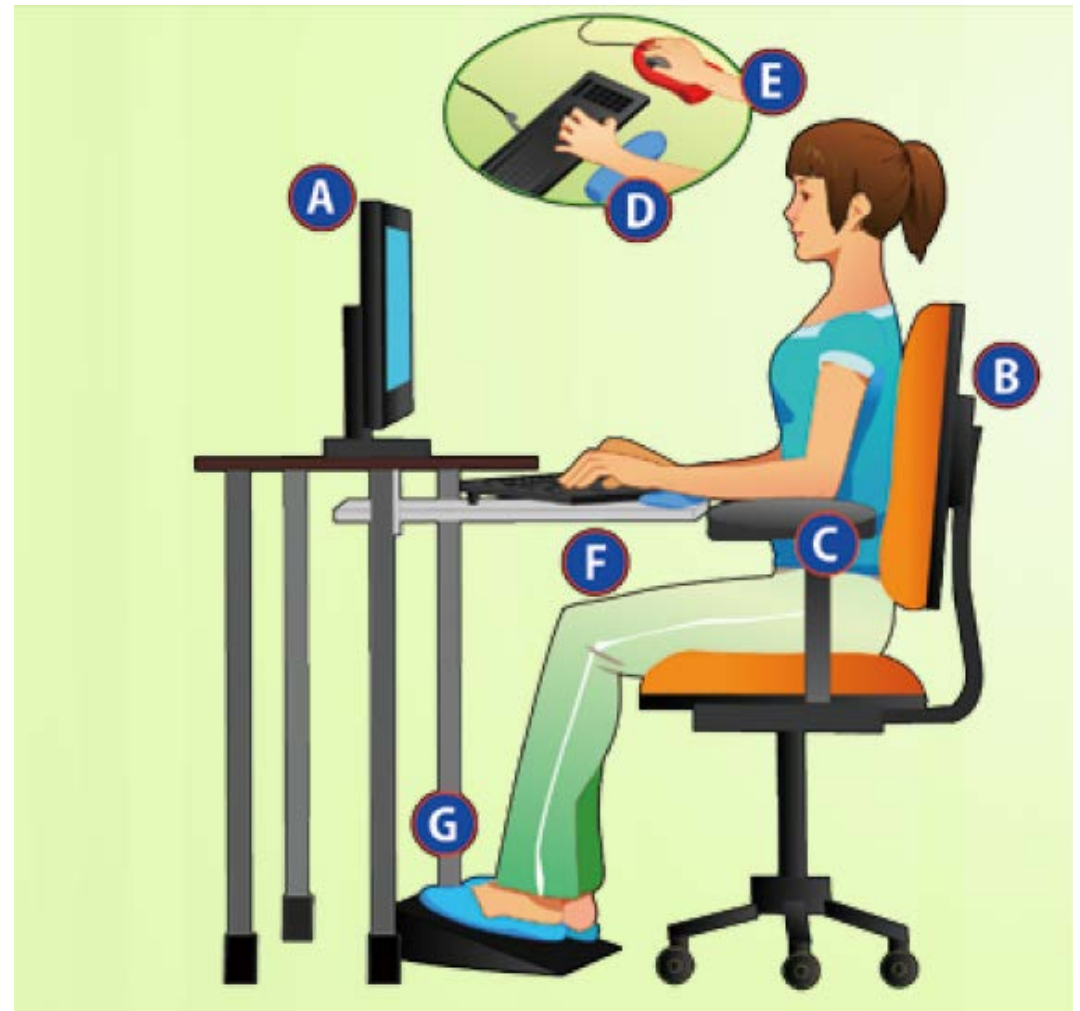# Correct posture and set up for computer use

A   Eyes should be slightly above the top of the screen and no less than 50cm from the screen.

B.   Sit upright and close to the desk.

C   Forearms should be approximately horizontal and supported by the desk.   A space in front of the keyboard to allow hands and wrists to rest when not typing.

D.   Keep wrists straight when keying.

E   Position a mouse within easy reach so it can be used with a straight wrist.

F   Legs should have rooms to move under the desk.

G   Choosing a chair with round edge or curved cushion seat can avoid excess pressure from the edge of seat on the backs of legs and knees.   A footrest may be helpful.

Student Health Service
Department of Health
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Computer use and eye care

Eye problems	Causes	Improvement measures
● Eye strain ● Blurred vision ● Slow in focusing ● Double vision ● Headaches	1. Blurred letters on the screen. 2. Reflection of ceiling light, or glare from windows. 3. Ciliary muscle strain caused by looking at a near screen for too long. 4. Frequent change of focus as eyes move to and fro between screen and document causes ciliary muscle strain. 5. Frequent adjustment and accommodation is needed as eyes move to and fro between document with 'black letters on white background' and screen with 'white letters on dark background'. 6. Symptoms such as eye strain, blurred vision, slow in focusing, double vision, headaches appear when the ciliary muscles are tired and cannot focus properly.	1. Use lampshade to divert ceiling light downwards to avoid glare. 2. To avoid reflection and glare from the screen, do not place the screen by the window and do not sit with your back facing the window. Consider using curtains to prevent too much light coming in from outside. 3. To avoid reflection and glare from the table, use table and countertops with non-reflective matt surfaces. 4. Choose dark letters and light background on the screen to enhance contrast, and use a filter to reduce the brightness. 5. Regularly wipe the screen with tissue paper or dry cloth to remove dust that affect the clarity. 6. Place the screen slightly below eye level so that the eyes are looking slightly downwards. 7. Document and the screen should be at the same level. 8. Use accessory light for the document if needed. 9. Take 20-30 seconds rest after using the computer for 20-30 minutes.
● Itchy eyes ● Red eyes ● Watery eyes	1. Heat generated and dispersed from the back of the computer monitor accelerates tear evaporation. 2. Air-conditioning in computer room dries up the air and accelerate tear evaporation. 3. Over concentration on near screen reduces blinking frequency, which leads to inadequate tear replacement and makes the eyes itchy and red. 4. On the other hand, dryness and itchiness of eyes can stimulate excessive tear production, causing watery eyes.	1. Avoid placing the back of the monitor too close to wall, otherwise the heat will be reflected towards your eyes. 2. Avoid air-conditioning or setting the temperature too low, as long as the computer is not damaged. 3. Intentionally increase the frequency of blinking so that tears can be swept over the eyes for lubrication and moisture. 4. Use artificial tear to lubricate the eyes if needed.

Student Health Service Web Site: www.studenthealth.gov.hk