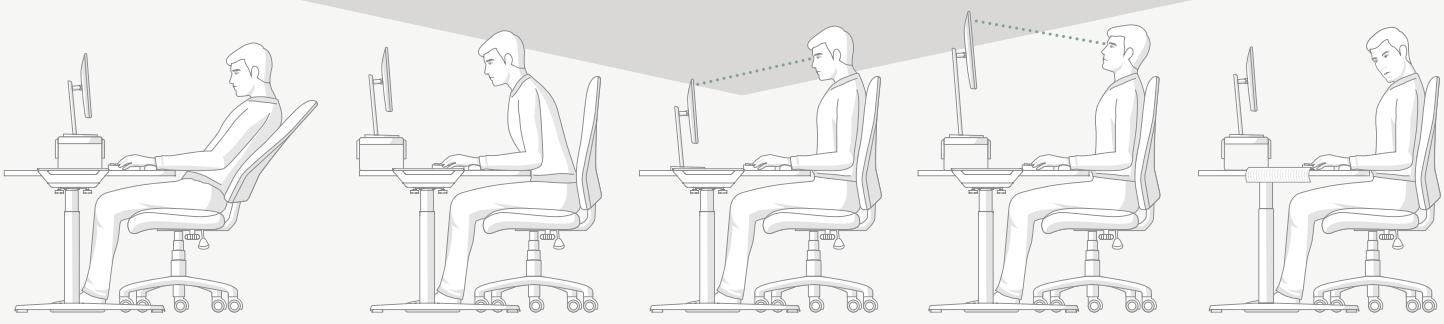
VIEW SCREENS AND DOCUMENTS SAFELY TO REDUCE NECK DISCOMFORT

ZONE 3
RELIEVE NECK STRAIN

Leaning forward and tilting your head up or down to see your screen or documents can place strain on your neck and back.

Our guide below provides tips on how to maintain a comfortable viewing position to reduce neck strain, improve posture and enhance comfort throughout your day.

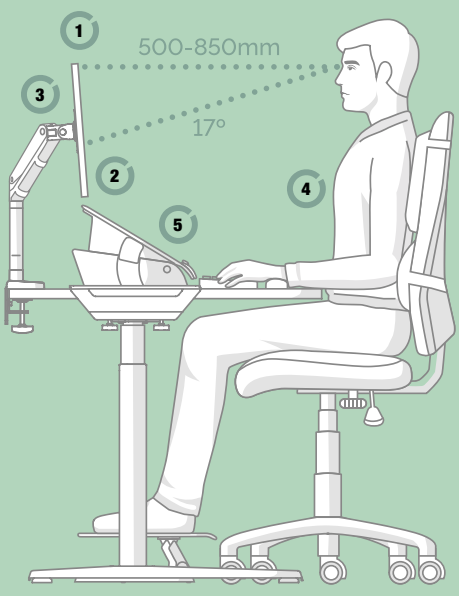
HOW NOT TO VIEW



Screen too close | Screen too far | Screen too low | Screen too high | Twisting

HOW TO VIEW CORRECTLY

1. Adjust your screen/s until the tops are roughly level with your eyes. A **monitor arm, monitor** or **laptop stand** can help.
2. Position your screen/s at arm's reach.
3. Tilting the screen slightly can help create a more comfortable viewing position and reduce glare.



4. If you are using more than one screen, position yourself in the centre of the screens or in front of the main one.
5. Use a **writing slope** or **document holder** to raise paperwork between yourself and the screen to avoid twisting and bending.

WHY DOES IT MATTER?

In a survey of computer workers conducted by Fellowes[1]

42% suffered from NECK PAIN

43% suffered from STRAINED EYES

35% suffered from HEADACHES

1,700 HOURS

An office worker will spend almost **1,700 hours a year in front of a computer screen**[2].

VIEW OUR RANGE OF ERGONOMIC ACCESSORIES DESIGNED TO HELP PREVENT NECK STRAIN.

All our products are **ergonomically certified** and are built to last with an extended **5-year limited warranty**.

Fellowes 5 YEAR WARRANTY

TESTED TO firainternational EN ISO 9241-5

Monitor Stands | Monitor Arms | Laptop Stands | Document Holders

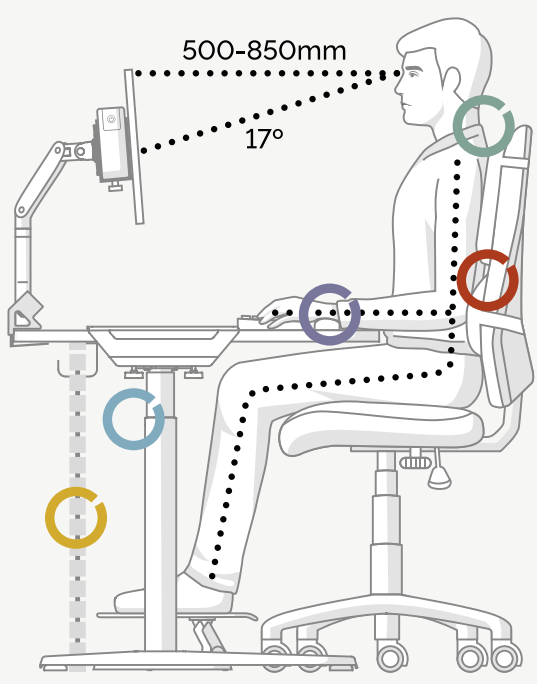
WANT TO LEARN MORE ABOUT WORKSPACE ERGONOMICS?

DISCOVER THE FELLOWES WORKSPACE ZONE APPROACH™

and improve your health, comfort & productivity today!

ZONE 1 *PREVENT BACK TENSION* | ZONE 2 *AVOID WRIST PRESSURE* | ZONE 3 *RELIEVE NECK STRAIN* | ZONE 4 *REDUCE INACTIVITY* | ZONE 5 *MINIMISE CLUTTER*

Click for more information on The Fellowes Workspace Zone Approach™



Fellowes

www.fellowes.com

[1] Fellowes commissioned research 2025
[2] Office workers spend 1,700 hours a year using a computer screen