Our safety evaluations, reports and recommendations are made solely to assist your organization in reducing hazards and the potential of hazards and accidents. These recommendations were developed from conditions observed and information provided at the time of our visit. They do not attempt to identify every possible loss potential, hazard or risk, nor do they guarantee that workplace accidents will be prevented. These safety evaluations, reports and recommendations are not a substitute for ongoing, well-researched internal safety and risk management programs. This report does not warrant that the property inspected and its operations are compliant with any law, rule or regulation.

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- VDT screen level with the eyes. Line of sight at to 15 degrees below line of sight.
- Document holders should be at the same height.
- VDT placement will depend on amount of VDT viewing; i.e. significant hard copy work.
- Should have document placement in front of operator and VDT off to the side.

- VDT angle for the seated worker should not exceed 40 degrees.
- Average VDT viewing distance is 18 – 23 inches. 13 – 31 inches is not uncommon.
- Increased seat angle results in reduced disc pressure and muscle strain.
- Keying heights should be 20 – 31 inches, depending on the workstation and keyboard type.
- 26 inches under work surface to allow for leg clearance.

- The angle between the upper and lower arms should be 70 – 135 degrees.
- Feet should rest flat on the floor supporting the weight of the legs.