TECHNICAL SHEET NO. 2

VISUAL ASPECTS – COMPUTER WORK

Maintaining a proper viewpoint requires the ocular physiological activity to constantly adapt to the conditions of the environment. The particular requirements of computer work emphasize the importance of imposing operating rules so that it supports the action rather than cause harm.

Important factors to consider while using a computer so that it does not harm your eyes or eyesight.

- Posture;
- Lighting;
- Layout.

1. **Posture** (in accordance with the visual aspects)

   Bad posture may be the result of visual problems such as:

   - Inadequate lighting;
   - Reflections on the screen;
   - Inappropriate screen height;
   - Faulty adjustment of the copyholder.

2. **Lighting**

   Intensity

   - If you work with a computer screen, maintain the same intensity, which may go up to 700 lux.
   - The lighting level must be at the same intensity throughout the visual field.

   Quality

   - Always use natural lighting.
   - For artificial lighting, use sources that diffuse lighting that is as close as possible to natural lighting.
Position of direct lighting

- Place lamps on either side of the workstation so that the lighting is uniform on the station.
- If this is not possible, place the lamps at a height far above the horizontal viewpoint so as to avoid any glare.
- Or, equip the lamps with an opaline or grilled diffuser, lampshade or other items that enable light to be distributed equally.

Auxiliary lighting

- To ensure proper clarity, lighting of text and data must be between 500 lux and 700 lux.
- Never look directly at the source of lighting.
- Equip the source with a diffuser.
- Install auxiliary lighting so that it does not cast reflections on the screen.

3. Layout (in ergorama)

Ergorama: Work area with regard to panorama, which is the space in which the work area is located.

- The height of the screen is just slightly below the field of vision.
- The minimal-maximal eye-screen distance is subject to your personal comfort.
- The copyholder is located at the left of the screen, at the same height as the screen and at the easiest reading distance.
- The furniture supporting the screen and keyboard should have a flat surface with neutral colors.
- The screen has to be inclined slightly backward, at a favourable angle to the eyesight in order to facilitate data perception.
- Never install a screen with back to or facing a window.
- Optimal characters are black on a grey-white background and 12 points.

Technical Sheet No. 3 will address exercises and micro-pauses.