

# ERGONOMICS GUIDANCE

Ergo Series | Issue 4, Volume 1

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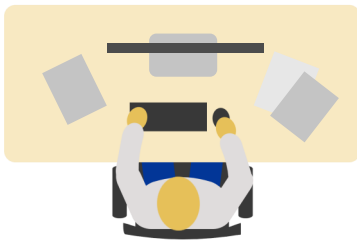
## Proper Dual Monitor Setup

### Why do we consider dual monitor setup?

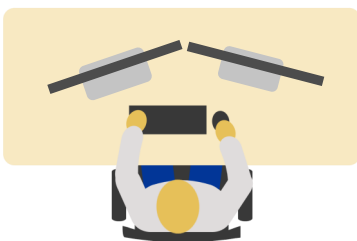
As global technology advances, more paper documents in our offices are translated into electronic media. Not only it uses less physical space for storage, the use of electronic media allow us to effortlessly pull out old documents with simple search on the monitor.

To open up multiple documents simultaneously, however, we require more real estate on our monitor. This is why dual monitor setup is becoming more popular and preferred in today's offices.

### Single monitor vs dual monitor



Cluttered desk when referring to multiple hard copy documents.



Space-saving and systematic solution with electronic documents.

### Setting up your dual monitor

Proper dual monitor setup can be confusing. Improper setup could strain your neck and cause fatigue to your eyes over time.

A proper dual monitor setup will depend on the following factors:

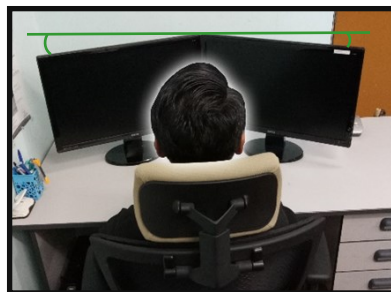
1. **Percentage** of monitor usage,
2. **Type of task** performed.

Before reading the following recommendations, think about how you utilize your monitors. Most people with dual monitors lie between **50/50** use and **80/20** use.



#### 50/50 monitor use

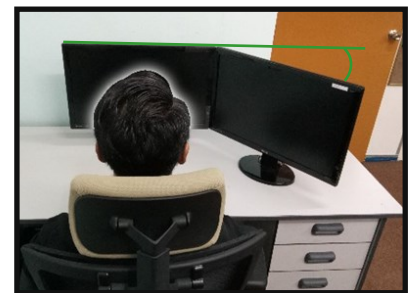
50/50 monitor use is when both monitors are equally used. This is typical in data / document comparison task.



Arrange both monitors in 25°–35° viewing angle. Sit at the middle of the monitors where the bezels are right in front of your nose.

#### 80/20 monitor use

80/20 monitor use is when one monitor is used more than the other. Secondary monitor is typically used for email or light monitoring.

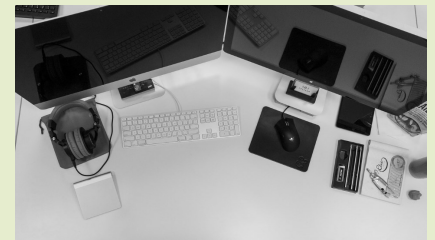


Place primary monitor directly in front and secondary monitor at >35° on right side.

A collaboration work by:



### Do you know?



In early days, monitor as a standalone unit **cost a lot more** as compared to when purchased as desktop bundle. Therefore the concept of multiple monitors are quite uncommon in the past.