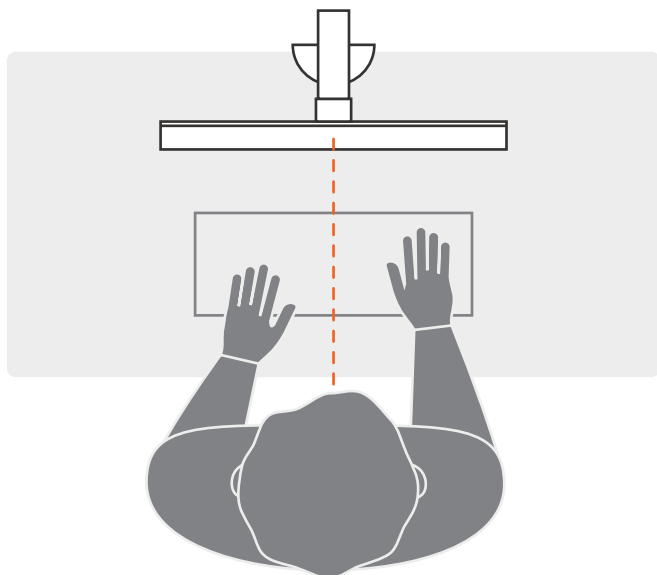
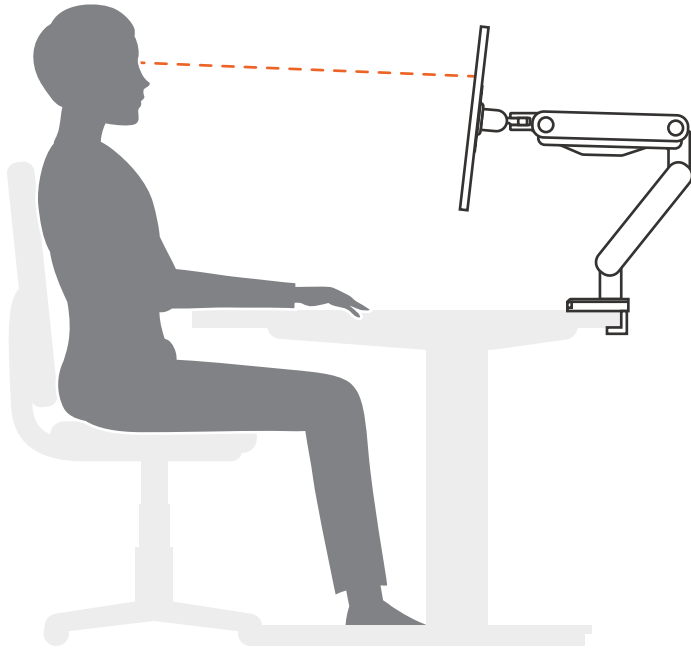


How to Position Your Screen Ergonomically Using a Monitor Arm

In order to work more effectively and reduce strain on your eyes, neck and back, you'll need to position your monitor at the ergonomically correct height, distance, and angle for you.



Everyone is different, so we'll show you how to use a few basic ergonomic principles to figure this out. In order to perform these steps, we recommend mounting your monitor(s) on a monitor arm, you may even choose to use one of our [UPLIFT Desk monitor arms](#).

Before we begin, make sure you're sitting or standing comfortably at your desk, in your normal working posture.

- 1 We'll start by adjusting the height of your monitor. Raise or lower it until the top inch of your screen is at, or just below, eye level.
- 2 Next, tilt your monitor back from the top, angling it away from you slightly.
- 3 Then, stretch your arm out in front of you and extend your fingers. Push or pull the monitor until it's just beyond your fingertip reach distance. Make slight adjustments, as needed, usually people position their monitor too far away and then extend their neck forward to get their eyes closer to the monitor so they can read it. Be aware of this if you have a sore neck.
- 4 Finally, nudge the monitor to the left or right until you, your keyboard, and your screen are all centered along on the same line in front of you.

And that's it! Repeat this procedure for all of your monitors and you should be set to work ergonomically. Just remember: comfort is key. Make sure your body is relaxed and supported. Removing muscle and eye strain from your workday puts you on the path to better health and higher productivity.

If you'd like to learn more about determining your precise measurements for working comfortably, check out our [ergonomic calculator](#).