

SAFETY TALK

— Ergonomics

Don't Overlook Glare



WHY IS GLARE SO BAD?

Although the glare shown in this picture is extreme and correcting such as problem seems obvious, there are many circumstances where more subtle glare goes unnoticed. As a result, computer users typically develop some poor ergonomic health habits.

SUBCONSCIOUS HEAD SHIFT

When trying to use a monitor obstructed with glare, users have a natural tendency to shift their head posture to try to get a better view. Subconsciously moving your head to a prolonged static posture that is not neutral could lead to a number of symptoms including neck and shoulder strain, eye fatigue and strain, and headaches. It can also lead to an increased potential for cumulative trauma disorders when combined with other ergonomic risk factors.



CONTINUAL HEAD SHIFT

Continual shifting of the head and neck into forward and sideward postures to get a better view can also cause neck and shoulder strain, eye fatigue and strain, and headaches. In addition, this habit could result in excessive fatigue in the neck and shoulder muscles, which could lead to a buildup of pain-producing lactic acid.

The most common source of glare at a computer workstation occurs from outside light coming through a window and causing a reflection on the screen. However, glare can come from many directions and sources. Other common causes include other lights in the room and even other reflective surfaces. A reflective surface might be bright or shiny object in the room that is causing glare on the screen.

