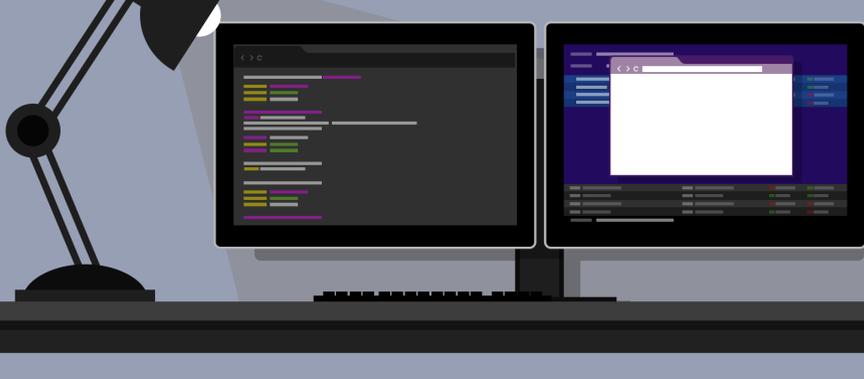


# Monitor arms and stands

What they do and how to choose



**There is no perfect universal position for your computer monitors.**

How you position your screen depends on your height, environment and task. Monitor stands are great for finding a comfortable height. Monitor arms allow you to easily adjust the height, angle, tilt and distance at any time needed.



You work with your chin tilted upwards



You're jutting your head forward



You're leaning on your desk

## Signs you need to improve your monitor position



You have to squint your eyes to see



You experience fatigue or eyestrain



Your back, shoulders or neck ache

## How to find the perfect position for your screen

Make sure there's no glare from light sources

Sit about an arm's length away from your screen

Your eyes should be level with the top part of your screen

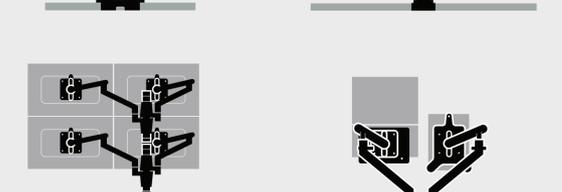
Place your main monitor directly in front of you to reduce twisting



## Did you know...

When at rest, our eyes naturally assume a straightforward and slightly downcast direction.

## Multiple screens



Place your main monitor in front of you.

Make sure monitors are the same height where possible.

Make sure monitors are the same distance away.

If mounting your laptop or tablet, make sure this is your secondary screen used for reference only.

## Choosing your monitor solution

### Monitor stand

#### What it is

A monitor stand is a simple freestanding raiser (usually plastic) positioned on your desk for your monitor to sit on top of.

#### What it does

Raises your screen to eye height. Monitor stands usually have several height settings or come in a choice of sizes so you can find the closest match for you.

#### Why it's good

- Cost-efficient
- No assembly required
- Offers instant relief

### Features to consider

There are several styles of monitor stand to choose from, including:



Stackable blocks

Hybrid stand/ keyboard storage

Crank height adjustable

Freestanding arm

### Monitor arm

An adjustable, space-saving and highly configurable way to achieve an ergonomic monitor set-up

#### What it is

Monitor arms are typically mounted to the back of your computer monitor and secured to your desk.

#### What it does

A monitor arm will elevate your screen above your desk, allowing you to quickly and easily make any adjustments necessary to the distance, height, tilt and angle of your monitor.

#### Why it's good

- Looks smart
- Adjusts quickly
- Saves space
- High level of adjustment
- Flexible enough for hot-deskers
- Allows for easier collaboration



### Features to consider

#### Number of screens

##### Benefits of two or more screens

- Easier usability**  
Keep multiple documents or programs up at once to reduce flipping through tabs.
- Increased accuracy**  
With more space to work, error rate drops.
- Reduces eyestrain**  
A larger screen area reduces the need to squint or strain.
- Fewer mouse movements**  
More space to read and view applications means less screen interaction is needed.

##### Risks of two or more screens

- Increases head turning**  
With a bigger screen area, you may need to turn your head from side-to-side more often.
- Risk of sitting too far away**  
Because of the larger screen area, users are often tempted to sit further away to take in both screens. To reduce the risk of eyestrain, use zoom controls.
- Risk of improper mouse position**  
If you have multiple large screens, try not to twist your body to use your mouse. Keep your mouse and keyboard in front of you.

#### Level of movement



##### Gas spring technology

Some monitor arms have inbuilt gas spring technology for ease of adjustment.



##### Pole mount

A pole mount allows you to slide the screen up and down to find the perfect height for any user.

### Mounting options



##### Grommet fixing

Typically, office desks come with a pre-drilled grommet hole that monitor arms with a grommet fixing can slip into for secure attachment.



##### Clamp

For workstations without a grommet hole, a clamp fixing is a better alternative. This can be tightened onto the back of most desks.

### What next?

To browse monitor stands, head to [posturite.co.uk/monitor-stands](http://posturite.co.uk/monitor-stands)

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