



Measuring your workstation

Consultancy Service

The company can use the consultancy services provided by Synoptik Business to carry out a visual ergonomic examination of relevant workstations.

The visual ergonomic consultancy services comprise the following:

- Evaluation of natural, overhead and direct lighting
- General set-up of the workstation in relation to the screen
- Instructions regarding the placement of screens according to the comfort needs of the eye
- Eye screen
- Advice and instruction
- Completion of the measurement/requisition form

	FROM	TO
	Eye	Desk
A:	Eye	Keyboard
B:	Eye	Concept
C:	Eye	Screen
D:	Floor	Eye height
E:	Floor	Bottom line of text
F:	Floor	Top line of text
G:	Eye	Client/customer

If the consultancy services are not required, the employee should ask a colleague to measure the workstation set-up and bring the adjacent measurements to the exam.

If the employee works at more than one workstation, include measurements from them all.

If there is a need to see clearly across multiple distances, it may be necessary to adjust the computer glasses with two or more strengths.

Ideally, the computer glasses should be crafted so they can be used at all the employee's workstations. Some adjustments to individual workstations may be necessary.

It must be stressed that problems deriving from a badly set up workstation cannot be corrected with glasses. When designing computer glasses, including choice of lenses, consideration should be given to the type of glasses that the employee is used to wearing for personal use.

