Dual Monitor Workstation

1.
Monitor positioned as the main screen, centered in front of seated position.

2.
Laptop positioned as a secondary screen, set beside monitor on the dominant eye side.

3.
Position top of monitor level with horizontal eye level to promote neutral neck posture.

4.
Laptop positioned on a riser. Center the middle of the laptop screen with the middle of the main screen to minimize eye strain.

5.
Position monitor approximately an arm's length away, directly in front of body.

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