



Misperceptions

- These days everyone uses video display terminals (VDTs) to transmit, receive, and process information
- VDT use has been accompanied by worker health concerns regarding radiation hazards, eyestrain, muscular stiffness, fatigue, and stress
- Research has explored the health and safety implications of VDT usage and found **no radiation hazard** exists
- The radiation level emitted by VDTs is minor when compared with diagnostic medical equipment, TV sets, FM radio waves, and the natural environment
- Research has also shown that VDTs pose **no direct health hazards** to pregnant women or their unborn children.
- Health concerns regarding VDT usage include eyestrain, muscular fatigue, and psychological stress

User Guidelines

- Proper lighting and frequent work breaks will greatly reduce or eliminate eye fatigue
- Control glare by placing VDTs parallel to windows as well as parallel to and between lights
- Anti-glare screens also reduce eyestrain
- VDT workers should take a break every two hours of steady work
- Eyestrain is compounded by the fact that many people have some uncorrected eye disorder, so regular vision tests should be part of a VDT user's medical program

VDT Positioning

- Proper positioning reduces muscular fatigue
- The VDT should be placed directly in front of the operator (18-20 inches away) at eye-level height
- Ideal working posture should permit a 90 degree angle between the upper and lower arms leaving the forearms horizontal
- A footrest elevating the feet slightly is helpful
- Psychological stress can be reduced if proper VDT training and education is provided for the worker
- Employers can also reduce VDT related stress by periodically interrupting a user's work with tasks that involve movement about the office
- See [Comfortable Computing](#)

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