

DoD Ergonomics Working Group NEWS



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ERGO FAQ Are LCD Monitors “Easy on the Eyes”?

CRT vs. LCD

Computer users have traditionally used a CRT (Cathode Ray Tube) monitor. New technology has made the flat-screen LCD (Liquid Crystal Display) monitors very popular because they are compact, lightweight, and take up far less desktop space.



As part of the life cycle replacement of computer systems, some people are purchasing LCD monitors because of their flat configuration. Are these ergonomically sound purchases?

The Pros and Cons

- A top-of-the-line LCD screen is easier on your eyes than a top-of-the-line CRT monitor.
- Flat screens are more effective in reducing glare, thus providing more comfort to your eyes.
- As far as screen size is concerned, it is true that LCD screens are generally smaller than CRTs, but they do come in 17-inch diagonals—large enough for virtually all users.
- Also, flat screens have a much smaller depth. This allows you to more comfortably position the screen on your desk.
- The CRT screen has a trace amount of electromagnetic radiation and the LCD has zero emissions. Neither CRT or LCD screens pose an electromagnetic radiation health hazard—both are completely safe.

The bottom line is you get what you pay for:

When replacement of your old CRT monitor is required, a “high-end” LCD screen is a smart choice. It provides both good resolution and is easily positioned/adjusted on your desk.