

# **The effect of monitor type on the front head posture (FHP)**

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## **Abstract**

The aims of this study were to verify the moving monitor developed for correcting Forward Head Posture (FHP) and to investigate the effects of a moving monitor on the FHP and neck fatigue. As Visual Display Terminal (VDT) work become a more popular type in office tasks, many office workers are experiencing VDT syndromes such as FHP, neck and shoulder discomfort and so on. FHP can stress on the neck and shoulders if it lasts for a long period time, in spite of that, there is a lack of studies with development of a device for correcting the FHP. 16 healthy males were participated in this study. The VDT task was performed for 50 minutes to compare the moving monitor with a normal conventional monitor. CVA was measured for the posture correction and FRR, On/Offset angle, and Subjective discomfort were also collected to evaluate the fatigue of the neck and shoulder. Although all participants reported fatigue after 50 minutes VDT task, they represented less fatigue at the moving monitor than at the conventional monitor. In addition, the longer time of the right head and neck postures were also observed at the moving monitor than at the conventional monitor. The results of this experiment showed that the moving monitor can reduce the fatigue of the user's neck and correct the head posture compared to the conventional monitor. This study is expected to contribute to the development of a moving monitor for correcting of head posture in the future.

## **Keywords**

Monitor, Front head posture (FHP), Visual Display Terminal (VDT)

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## **Biography / Biographies**

**Kyeong-Hee Choi** has completed her master degree from Sungkyunkwan University in Korea. Her interesting research areas are hand biomechanics, work-related musculoskeletal disorders (WMSDs), ergonomics design and so on. She is a member of ESK (Ergonomics Society of Korea).

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