Combatting Zoom fatigue

The last year has been characterized by spending hours sat in front of a screen on a Zoom call, webinar, virtual event, Zoom team get together or even Zoom cocktails with friends.

Few of us haven’t experienced Zoom fatigue over the last year and now they’re part of our working and personal lives, they are here to stay.

One of the all too often overlooked factors contributing to Zoom fatigue is actually nothing to do with Zoom, Teams or any other conferencing software, or the resolution of our camera or display.

It is us, or rather our posture.

The root of the problem is our monitor or laptop screen not being correctly positioned, causing us to sit badly – hunched over a laptop or shoulders rounded, neck poking forward like a tortoise.

Poor posture has been shown in a myriad of studies to cause back pain, headaches, poor digestion and even contribute to incontinence. The fact that around 8.9 million work days were lost just to back pain in the UK 2109 to 2020\*, indicates the impact on us and our economy.

The daft thing is it is an easy fix. Simply position the monitor or laptop screen at eye-level using either a desk arm or a laptop stand, all of which are available from Vision through its distributor Maverick AV Solutions.

The laptop stand raises the laptop screen – handy where there is no extra monitor. It is also ideal for raising a tablet to a comfortable height for you and a good height for video calls – the added benefit being no-one will be looking up your nose because of the screen angle.

The desk arm simply clamps to the desk or table taking up minimal space for a clutter-free desk surface. The elbow in the desk arm enables the screen to angled to suit and easily adjusted – as the light in the room changes through the day for instance. The clamp fitting also makes it very flexible – the clamp can easily be removed, stored or relocated, as required.

Of course bad posture can occur in the workplace as well as in the home office so it’s vital to consider the viewing distance and angle of workers at a desk, in a meeting room or when sourcing a trolley.

Vision Desk Arm: vav.link/vfm-dad-4

\* https://www.hse.gov.uk/statistics/causdis/msd.pdf