

Visual Field Zone

DEFINITIONS

The **Visual Field Zone** is the maximum allowable visual field within which an individual views the work and workstation.

Comfortable Line of Sight

The comfortable line of sight is 15° below the horizontal plane (A in Figure).

Optimum Viewing Area

The optimum viewing area is 15° above, below, and to either side of the normal line of sight (B and D in the Figures).

RECOMMENDATIONS

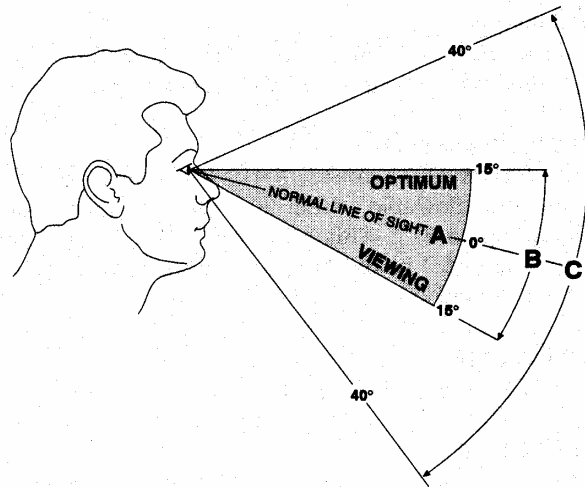
Use this information to lay out workstations for both seated and standing workstations.

- Continuous or frequent viewing (computer monitors, control dials, etc.) should be accomplished in the Optimum Viewing Area.
- Occasional eye movement up and down is allowable 40° above and below the normal line of sight (C).
- Eye movement to the right and left is allowable 35° on either side of the normal line of sight (E).

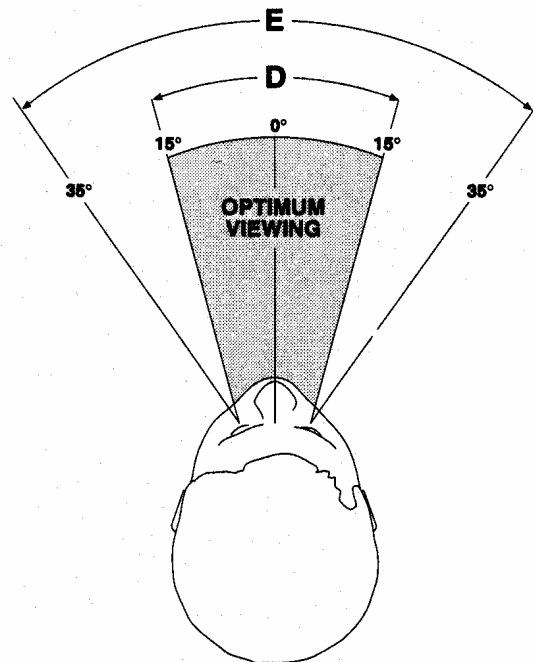
CRITERIA

- This information is based on individuals with normal eyesight. It is not suitable for individuals with peripheral vision loss or tunnel vision.
- Individuals wearing bifocals or trifocals may require additional investigation to determine the appropriate visual field zone.

Vertical Visual Field (side view)



Horizontal Visual Field (top view)



Recommended Viewing Angles

Zone	Description	Dimension
A	Normal line of sight	- 15°
B	Optimum viewing	± 15°
C	Maximum viewing	± 40°
D	Optimum viewing	± 15°
E	Maximum viewing	± 35°