# **Specifications of Vostro 15 3530**

## **Dimensions and weight**

The following table lists the height, width, depth, and weight of your Vostro 15 3530.

### Table 3. Dimensions and weight

Description	Computer shipped with a plastic chassis	Computer shipped with an aluminum chassis	
Height:		·	
Front height	16.96 mm (0.67 in.)	15.52 mm (0.61 in.)	
Rear height	19.00 mm (0.75 in.)	17.50 mm (0.69 in.)	
Width	358.50 mm (14.11 in.)	358.50 mm (14.11 in.)	
Depth	235.56 mm (9.27 in.)	234.90 mm (9.25 in.)	
Weight (minimum)	<ul> <li>1.66 kg (3.66 lb)</li> <li><b>NOTE:</b> The weight of your computer depends on the configuration ordered and manufacturing variability.</li> </ul>	<ul> <li>1.63 kg (3.60 lb)</li> <li><b>NOTE:</b> The weight of your computer depends on the configuration ordered and manufacturing variability.</li> </ul>	

### Processor

The following table lists the details of the processors supported by your Vostro 15 3530.

### Table 4. Processor

Description	Option one	Option two	Option three	Option four
Processor type	13 <sup>th</sup> Generation Intel Core i3-1305U	13 <sup>th</sup> Generation Intel Core i5-1335U	13 <sup>th</sup> Generation Intel Core i7-1355U	Intel Processor U300
Processor wattage	15 W	15 W	15 W	15 W
Processor total core count	5	10	10	5
Performance-cores	1	2	2	1
Efficient-cores	4	8	8	4
Processor total thread counts () NOTE: Intel Hyper-Threading Technology is only available on Performance-cores.	6	12	12	6

### Table 4. Processor (continued)

Description Option		Option one	Option two	Option three	Option four
Pro	ocessor speed	1.20 GHz to 4.50 GHz	0.90 GHz to 4.60 GHz	1.20 GHz to 5.00 GHz	0.90 GHz to 4.40 GHz
Pe	rformance-cores frequ	uency			
	Processor base frequency	1.60 GHz	1.30 GHz	1.70 GHz	1.20 GHz
	Maximum turbo frequency	4.50 GHz	4.60 GHz	5.00 GHz	4.40 GHz
Eff	icient-cores frequenc	У			
	Processor base frequency	1.20 GHz	0.90 GHz	1.20 GHz	0.90 GHz
	Maximum turbo frequency	3.30 GHz	3.40 GHz	3.70 GHz	3.30 GHz
Pro	ocessor cache	10 MB	12 MB	12 MB	8 MB
Inte	egrated graphics	Intel UHD Graphics	Intel Iris X <sup>e</sup> Graphics	Intel Iris X <sup>e</sup> Graphics	Intel UHD Graphics

## Chipset

The following table lists the details of the chipset supported by your Vostro 15 3530

### Table 5. Chipset

Description	Option one	Option two
Processors	13 <sup>th</sup> Generation Intel Core i3/i5/i7 processors and Intel Processor U300	13 <sup>th</sup> Generation Intel Core i5/i7 processors
Chipset	Integrated with the processor	Integrated with the processor
DRAM bus width	64-bit	64-bit
Flash EPROM	32 MB	32 MB
PCIe bus	Up to Gen 3	Up to Gen 4

## **Operating system**

Your Vostro 15 3530 supports the following operating systems:

- Windows 11 Pro
- Windows 11 Pro National Academic
- Windows 11 Home
- Windows 11 Pro Downgrade (Windows 10 image factory installed)
- Ubuntu 22.04 LTS, 64-bit

## Memory

The following table lists the memory specifications of your Vostro 15 3530.

### Table 6. Memory specifications

Description	Values	
Memory slots	Two SODIMM slots	
Memory type	DDR4	
Memory speed	<ul> <li>2666 MHz (for computers shipped with USB 3.2 Gen 1 Type-C port)</li> <li>3200 MHz (for computers shipped with USB 3.2 Gen 1 Type-C port with DisplayPort Alt Mode 1.4/Power Delivery)</li> </ul>	
Maximum memory configuration	16 GB	
Minimum memory configuration	4 GB	
Memory size per slot	4 GB, 8 GB and 16 GB	
Memory configurations supported	For computers shipped with USB 3.2 Gen 1 Type-C port 4 GB, 1 × 4 GB, DDR4, 2666 MHz 8 GB, 2 × 4 GB, DDR4, 2666 MHz, dual-channel 8 GB, 1 × 8 GB, DDR4, 2666 MHz 12 GB, 1 × 4 GB + 1 × 8 GB, DDR4, 2666 MHz, dual-channel 16 GB, 2 × 8 GB, DDR4, 2666 MHz 16 GB, 1 × 16 GB, DDR4, 2666 MHz For computers shipped with USB 3.2 Gen 1 Type-C port with DisplayPort Alt Mode 1.4/Power Delivery 4 GB, 1 × 4 GB, DDR4, 3200 MHz 8 GB, 2 × 4 GB, DDR4, 3200 MHz 8 GB, 1 × 8 GB, DDR4, 3200 MHz 12 GB, 1 × 4 GB + 1 × 8 GB, DDR4, 3200 MHz 12 GB, 1 × 4 GB + 1 × 8 GB, DDR4, 3200 MHz, dual-channel 16 GB, 2 × 8 GB, DDR4, 3200 MHz, dual-channel 16 GB, 1 × 16 GB, DDR4, 3200 MHz, dual-channel 16 GB, 1 × 16 GB, DDR4, 3200 MHz, dual-channel	

## **External ports**

The following table lists the external ports of your Vostro 15 3530.

### Table 7. External ports

Description	Values
Network port	One Flip-Down RJ45 Ethernet port
USB ports	<ul> <li>One USB 3.2 Gen 1 port</li> <li>One USB 2.0 port</li> <li>One USB 3.2 Gen 1 Type-C port (for computers shipped with a plastic chassis)</li> <li>One USB 3.2 Gen 1 Type-C port with DisplayPort Alt Mode 1.4/Power Delivery (for computers shipped with an aluminum chassis or a discrete graphics card installed)</li> </ul>

### Table 7. External ports (continued)

Description	Values	
Audio port	One universal audio port	
Video port	<ul> <li>One HDMI 1.4 port</li> <li>One USB 3.2 Gen 1 Type-C port with DisplayPort Alt Mode 1.4/Power Delivery (for computers shipped with an aluminum chassis or a discrete graphics card installed)</li> </ul>	
Media-card reader	One SD-card slot	
Power-adapter port	One DC-in port (4.50 mm standard plug)	
Security-cable slot	One wedge-shaped lock slot	

### **Internal slots**

The following table lists the internal slots of your Vostro 15 3530.

### Table 8. Internal slots

Description	Values
M.2	<ul> <li>One M.2 2230/2280 slot for solid-state drive</li> <li>One M.2 2230 slot for WLAN, Wi-Fi/Bluetooth</li> <li>(i) NOTE: To learn more about the features of different types of M.2 cards, search in the Knowledge Base Resource at www.dell.com/support.</li> </ul>

### Ethernet

The following table lists the wired Ethernet Local Area Network (LAN) specifications of your Vostro 15 3530.

### Table 9. Ethernet specifications

Description	Values	
Model number	Integrated Realtek RTL8111H	
Transfer rate	10/100/1000 Mbps	

### **Wireless module**

The following table lists the Wireless Local Area Network (WLAN) modules supported on your Vostro 15 3530.

### Table 10. Wireless module specifications

Description	Option one	Option two
Model number	Realtek RTL8821CE	Realtek RTL8852BE
Transfer rate	Up to 433 Mbps	Up to 1201 Mbps
Frequency bands supported	2.40 GHz/5 GHz	2.40 GHz/5 GHz

Table 10.	Wireless	module	specifications	(continued)
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Description	Option one	Option two
Wireless standards	<ul> <li>WiFi 802.11a/b/g</li> <li>Wi-Fi 4 (WiFi 802.11n)</li> <li>Wi-Fi 5 (WiFi 802.11ac)</li> </ul>	<ul> <li>WiFi 802.11a/b/g</li> <li>Wi-Fi 4 (WiFi 802.11n)</li> <li>Wi-Fi 5 (WiFi 802.11ac)</li> <li>Wi-Fi 6 (WiFi 802.11ax)</li> </ul>
Encryption	<ul> <li>64-bit/128-bit WEP</li> <li>AES-CCMP</li> <li>TKIP</li> </ul>	<ul> <li>64-bit/128-bit WEP</li> <li>AES-CCMP</li> <li>TKIP</li> </ul>
Bluetooth wireless card	Supported	Supported

## Audio

The following table lists the audio specifications of your Vostro 15 3530.

### Table 11. Audio specifications

Description		Values	
Audio controller		There are two audio controller options: • Realtek ALC3204 • Realtek ALC3254	
Stereo conversion		Supported	
Internal audio interface		High definition audio interface	
External audio int	terface	One universal audio port	
Number of speak	ers	Two	
Internal-speaker	amplifier	Supported	
External volume of	controls	Keyboard shortcut controls	
Speaker output:			
	Average speaker output	2 W	
	Peak speaker output	2.5 W	
Subwoofer output		Not supported	
Microphone		<ul> <li>Single integrated microphone (for computers shipped with a plastic chassis)</li> <li>Dual-array microphones (for computers shipped with an aluminum chassis)</li> </ul>	

## Storage

This section lists the storage options on your Vostro 15 3530.

Your Vostro 15 3530 supports the following storage configurations:

• One M.2 2230/2280 solid-state drive

The M.2 2230/2280 solid-state drive is the primary drive of your computer.

### Table 12. Storage specifications

Storage type	Interface type	Capacity
M.2 2230, Solid-state drive	PCle NVMe Gen4 x4 QLC	Up to 1 TB
M.2 2230, Solid-state drive	PCle NVMe Gen4 x4	Up to 1 TB
M.2 2280, Solid-state drive	PCle NVMe Gen4 x4	Up to 2 TB

## **Media-card reader**

The following table lists the media cards supported by your Vostro 15 3530.

#### Table 13. Media-card reader specifications

Description	Values
Media-card type	One SD-card slot
Media-cards supported	<ul> <li>Secure Digital (SD)</li> <li>Secure Digital High Capacity (SDHC)</li> <li>Secure Digital Extended Capacity (SDXC)</li> </ul>
(j) NOTE: The maximum capacity supported by the media-car	I reader varies depending on the standard of the media card

Keyboard

The following table lists the keyboard specifications of your Vostro 15 3530.

### Table 14. Keyboard specifications

installed in your computer.

Description	Values
Keyboard type	<ul><li>Standard backlit keyboard</li><li>Standard non-backlit keyboard</li></ul>
Keyboard layout	QWERTY
Number of keys	<ul> <li>United States and Canada: 99 keys</li> <li>United Kingdom: 100 keys</li> <li>Japan: 103 keys</li> </ul>
Keyboard size	X = 18.70 mm key pitch Y = 18.05 mm key pitch
Keyboard shortcuts	Some keys on your keyboard have two symbols on them. These keys can be used to type alternate characters or to perform secondary functions. To type the alternate character, press Shift and the desired key. To perform secondary functions, press Fn and the desired key. (i) NOTE: You can define the primary behavior of the function keys (F1–F12) by changing <b>Function Key</b> <b>Behavior</b> in BIOS setup program.

## **Keyboard shortcuts of Vostro 15 3530**

() NOTE: Keyboard characters may differ depending on the keyboard language configuration. Keys used for shortcuts remain the same across all language configurations.

Some keys on your keyboard have two symbols on them. These keys can be used to type alternate characters or to perform secondary functions. The symbol shown on the lower part of the key refers to the character that is typed out when the key is pressed. If you press shift and the key, the symbol shown on the upper part of the key is typed out. For example, if you press **2**, **2** is typed out; if you press **Shift** + **2**, **e** is typed out.

The keys F1-F12 at the top row of the keyboard are function keys for multi-media control, as indicated by the icon at the bottom of the key. Press the function key to invoke the task represented by the icon. For example, pressing F1 mutes the audio (refer to the table below).

However, if the function keys F1-F12 are needed for specific software applications, multi-media functionality can be disabled by pressing  $\mathbf{fn} + \mathbf{Esc}$ . Subsequently, multi-media control can be invoked by pressing  $\mathbf{fn}$  and the respective function key. For example, mute audio by pressing  $\mathbf{fn} + \mathbf{f1}$ .

**NOTE:** You can also define the primary behavior of the function keys (F1–F12) by changing **Function Key Behavior** in BIOS setup program.

Function key	Primary behavior
F1	Mute audio
F2	Decrease volume
F3	Increase volume
F4	Play/Pause
F5	Click keyboard backlight (optional). i NOTE: Non-backlight keyboards have F5 function key without the backlight icon and do not support toggle keyboard backlight function. i NOTE: Toggle to cycle the keyboard backlight status through off, low- backlight, and high-backlight.
F6	Decrease brightness
F7	Increase brightness
F8	Switch to external display
F10	Print screen
F11	Home
F12	End

### Table 15. List of keyboard shortcuts

The **fn** key is also used with selected keys on the keyboard to invoke other secondary functions.

#### Table 16. Secondary behavior

Function key	Secondary behavior
fn + Esc	Toggle fn-key lock
fn + S	Toggle scroll lock
fn + B	Pause/Break
fn + R	System request
fn + Right ctrl	Open application menu
fn + / (i) NOTE: This option is available only in Brazilian keyboard.	Open application menu

### Table 16. Secondary behavior (continued)

Function key	Secondary behavior	
fn + Space bar	Open emoji menu	
fn + T	Toggle ultra performance mode	
fn + Left arrow	Home	
fn + Right arrow	End	

## Camera

The following table lists the camera specifications of your Vostro 15 3530.

### Table 17. Camera specifications

Des	scription	Computer shipped with plastic chassis	Computer shipped with aluminum chassis
Number of cameras		One	One
Camera type		There is one camera option: • HD RGB camera	There is one camera option: • FHD RGB camera
Camera location		Front camera	Front camera
Camera sensor type		CMOS sensor technology	CMOS sensor technology
Car	nera resolution:		
	Still image	0.92 megapixel	2.00 megapixel
	Video	1280 x 720 (HD) at 30 fps	1920 x 1080 (FHD) at 30 fps
Diagonal viewing angle		78.60 degrees	82.00 degrees

### Touchpad

The following table lists the touchpad specifications of your Vostro 15 3530.

### Table 18. Touchpad specifications

Description Touchpad resolution:		Values	
Hor	izontal	> 300 dpi	
Ver	tical	> 300 dpi	
Touchpad dimensions:			
Hor	izontal	115.00 mm (4.53 in.)	
Ver	tical	80.00 mm (3.15 in.)	
Touchpad gestures		For more information about touchpad gestures available on Windows, see the Microsoft knowledge base article at support.microsoft.com.	

## **Power adapter**

The following table lists the power adapter specifications of your Vostro 15 3530.

### Table 19. Power adapter specifications

Description		Values	
Туре		65 W	
Conne	ctor dimensions:		
	External diameter	4.50 mm (0.18 in.)	
	Internal diameter	2.90 mm (0.11 in.)	
Power	-adapter dimensions:		
	Height	28.00 mm (1.10 in.)	
	Width	47.00 mm (1.90 in.)	
	Depth	108.00 mm (4.30 in.)	
Power	-adapter weight (maximum)	0.29 kg (0.64 lb)	
Input voltage		100 VAC - 240 VAC	
Input f	requency	50 Hz - 60 Hz	
Input current (maximum)		1.60 A/1.70 A	
Output current (continuous)		3.34 A	
Rated	output voltage	19.50 VDC	
Temperature range:			
	Operating	0°C to 40°C (32°F to 104°F)	
	Storage	-40°C to 70°C (-40°F to 158°F)	

the device outside these ranges may impact the performance of specific components.

### **Battery**

The following table lists the battery specifications of your Vostro 15 3530.

### Table 20. Battery specifications

Description	Option one	Option two
Battery type	3-cell, 41 Wh, lithium-polymer, ExpressCharge	4-cell, 54 Wh, lithium-polymer, ExpressCharge
Battery voltage	11.25 VDC	15.00 VDC
Battery weight (maximum)	0.19 kg (0.41 lb)	0.24 kg (0.55 lb)
Battery dimensions:		

### Table 20. Battery specifications (continued)

Description		Option one	Option two	
	Height	206.40 mm (8.12 in.)	271.90 mm (10.70 in.)	
	Width	82.00 mm (3.22 in.)	82.00 mm (3.22 in.)	
	Depth	5.75 mm (0.22 in.)	5.75 mm (0.22 in.)	
Temperature range:	<b>I</b>	1		
	Operating	<ul> <li>When charging battery:</li> <li>Initiating charging: 0°C to 45°C (32°F to 113°F)</li> <li>Upper limit for charging (maximum): 50°C (122°F)</li> <li>When discharging battery:</li> <li>Normal discharging: 0°C to 60°C (32°F to 140°F)</li> <li>Over temperature protection (maximum): 70°C (158°F)</li> <li>(i) NOTE: The battery does not allow discharge past this temperature.</li> </ul>	<ul> <li>When charging battery:</li> <li>Initiating charging: 0°C to 45°C (32°F to 113°F)</li> <li>Upper limit for charging (maximum): 50°C (122°F)</li> <li>When discharging battery:</li> <li>Normal discharging: 0°C to 60°C (32°F to 140°F)</li> <li>Over temperature protection (maximum): 70°C (158°F)</li> <li>(i) NOTE: The battery does not allow discharge past this temperature.</li> </ul>	
	Storage	-20°C to 60°C (-4°F to 140°F)	-20°C to 60°C (-4°F to 140°F)	
Battery operating time		Varies depending on operating conditions and can significantly reduce under certain power-intensive conditions.	Varies depending on operating conditions and can significantly reduce under certain power-intensive conditions.	
Battery charging time (approximate) (i) NOTE: Control the charging time, duration, start and end time, and so on using the Dell Power Manager application. For more information about Dell Power Manager, search in the Knowledge Base Resource at www.dell.com/support.		<ul> <li>Standard Charge/Predominately AC User Charge Method:</li> <li>0 - 15°C maximum allowable charge time from 0 to 100% RSOC is 4 hours</li> <li>16 - 50°C maximum allowable charge time from 0 to 100% RSOC is 3 hours</li> <li>Express Charge Method:</li> <li>0 - 15°C maximum allowable charge time from 0 to 100% RSOC</li> </ul>	<ul> <li>Standard Charge/Predominately AC User Charge Method:</li> <li>0 - 15°C maximum allowable charge time from 0 to 100% RSOC is 4 hours</li> <li>16 - 50°C maximum allowable charge time from 0 to 100% RSOC is 3 hours</li> <li>Express Charge Method:</li> <li>0 - 15°C maximum allowable charge time from 0 to 100% RSOC is 4 hours</li> <li>16 - 45°C normal express charge</li> </ul>	
		<ul> <li>is 4 hours</li> <li>16 - 45°C normal express charge</li> <li>46 - 50°C maximum allowable charge time from 0 to 80% RSOC is 1 hours charge time from 0 to 100% RSOC is 2 hours</li> <li>Express Charge Boost Charge Method (Fast Charge for Initial 35%):</li> <li>16 - 45°C target charge time from 0 to 35% RSOC is 20 mins</li> </ul>	<ul> <li>46 - 50°C maximum allowable charge time from 0 to 80% RSOC is 1 hours charge time from 0 to 100% RSOC is 2 hours</li> <li>Express Charge Boost Charge Method (Fast Charge for Initial 35%):</li> <li>16 - 45°C target charge time from 0 to 35% RSOC is 20 mins</li> </ul>	

CAUTION: Operating and storage temperature ranges may differ among components, so operating or storing the device outside these ranges may impact the performance of specific components.

### Table 20. Battery specifications (continued)

Description	Option one	Option two
CAUTION: Dell recommends that you charge the battery regularly for optimal power consumption. If your battery charge is completely depleted, connect the power adapter, turn on your computer, and then restart your computer to reduce the power consumption.		

## Display

The following table lists the display specifications of your Vostro 15 3530.

### Table 21. Display specifications

Description	n	Option one	Option two
Display type	2	15.6-inch High Definition (HD)	15.6-inch Full High Definition (FHD)
Touch optic	ons	No	No
Display-pan	el technology	Twisted Nematic (TN)	In-Plane Switching (IPS)
Display-pan	el dimensions (active area):		
	Height	193.54 mm (7.62 in.)	193.59 mm (7.62 in.)
	Width	344.23 mm (13.55 in.)	344.14 mm (13.55 in.)
	Diagonal	394.91 mm (15.55 in.)	394.87 mm (15.55 in.)
Display-pan	el native resolution	1366 x 768	1920 x 1080
Luminance	(typical)	220 nits	250 nits
Megapixels		1.05	2.07
Color gamu	t	45% NTSC	45% NTSC
Pixels Per Ir	nch (PPI)	100	141
Contrast ra	tio (min.)	400:1	600:1
Response ti	ime (max.)	20 ms	35 ms
Refresh rate	e	60 Hz	120 Hz
Horizontal v	view angle	40 +/- degrees (min.)	80 +/- degrees (min.)
Vertical view	w angle	10 (Top)/30 (Bottom) degrees (min.)	80 +/- degrees (min.)
Pixel pitch		0.252 mm x 0.252 mm	0.17925 mm x 0.17925 mm
Power cons	sumption (maximum)	4.20 W	5.25 W
Anti-glare v	s glossy finish	Anti-glare	Anti-glare

## **Fingerprint reader (optional)**

The following table lists the specifications of the optional fingerprint reader of your Vostro 15 3530.

(i) NOTE: The fingerprint reader is located on the power button.

### Table 22. Fingerprint reader specifications

Description	Values
Fingerprint-reader sensor technology	Capacitive sensing
Fingerprint-reader sensor resolution	500 dpi
Fingerprint-reader sensor pixel size	108 x 88 pixel

### Sensor

The following table lists the sensor of your Vostro 15 3530.

### Table 23. Sensor

Sensor support	
Adaptive Thermal Performance Accelerometer	

## **GPU**—Integrated

The following table lists the specifications of the integrated Graphics Processing Unit (GPU) supported by your Vostro 15 3530.

### Table 24. GPU—Integrated

Controller	Memory size	Processor
Intel UHD Graphics	Shared system memory	13 <sup>th</sup> Generation Intel Core i3 processors and Intel Processor U300
Intel Iris X <sup>e</sup> Graphics	Shared system memory (dual-channel)	13 <sup>th</sup> Generation Intel Core i5/i7 processors

## **GPU—Discrete**

The following table lists the specifications of the discrete Graphics Processing Unit (GPU) supported by your Vostro 15 3530.

#### Table 25. GPU—Discrete

Controller	Memory size	Memory type
NVIDIA GeForce MX550	2 GB	GDDR6

## Hardware security

The following table lists the hardware security of your Vostro 15 3530.

### Table 26. Hardware security

Hardware security	
Windows 10 Hello - Fingerprint Reader (optional)	
Trusted Platform Module TPM 2.0	
Wedge-shaped lock	
Mechanical camera shutter (only for computers shipped with an aluminum chassis)	

## **Operating and storage environment**

This table lists the operating and storage specifications of your Vostro 15 3530.

Airborne contaminant level: G1 as defined by ISA-S71.04-1985

#### Table 27. Computer environment

Description	Operating	Storage
Temperature range	0°C to 35°C (32°F to 95°F)	-40°C to 65°C (-40°F to 149°F)
Relative humidity (maximum)	10% to 90% (non-condensing)	0% to 95% (non-condensing)
Vibration (maximum)*	0.66 GRMS	1.30 GRMS
Shock (maximum)	110 G†	160 G†
Altitude range	0 m to 3048 m (0 ft to 10000 ft)	0 m to 10668 m (0 ft to 35000 ft)

CAUTION: Operating and storage temperature ranges may differ among components, so operating or storing the device outside these ranges may impact the performance of specific components.

\* Measured using a random vibration spectrum that simulates user environment.

† Measured using a 2 ms half-sine pulse.

## **Dell Support policy**

For information on Dell support policy, search in the Knowledge Base Resource at www.dell.com/support.

## ComfortView

## WARNING: Prolonged exposure to blue light from the display may lead to long-term effects such as eye strain, eye fatigue, or damage to the eyes.

Blue light is a color in the light spectrum which has a short wavelength and high energy. Chronic exposure to blue light, particularly from digital sources, may disrupt sleep patterns and cause long-term effects such as eye strain, eye fatigue, or damage to the eyes.

ComfortView mode can be enabled and configured using the Dell CinemaColor application.

ComfortView mode complies with TÜV Rheinland's requirement for low blue light software solution displays.

Low blue light: Dell ComfortView software technology reduces harmful blue light emissions to make extended screen time easy on your eyes.

To reduce the risk of eye strain, it is also recommended that you:

- Position the display at a comfortable viewing distance between 20 and 28 inches (50 and 70 cm) from your eyes.
- Blink frequently to moisten your eyes, wet your eyes with water, or apply suitable eye drops.
- Look away from your display, and gaze at a distant object at 20 ft (609.60 cm) away for at least 20 seconds during each break.
- Take an extended break for 20 minutes every two hours.