

# How to calculate the distance to view TV reasonably and safely for health

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Choosing the right distance when watching TV not only helps you fully enjoy the appeal of the entertainment program, but more importantly, ensures the safety of the health, especially the eyes. Accordingly, the distance from the seat to the TV screen should not be too far or too close. So in particular, how much is a reasonable distance, when there is currently no one that is absolutely accurate that with any size television we sit away from the TV. However, you can still calculate a suitable distance when watching TV based on the formula below.

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## The harmful effect of putting the TV in the wrong distance

Setting an unreasonable TV viewing distance is a mistake that almost everyone has. Usually we only estimate with the naked eye or place it as we like, not calculating in any one formula. This directly affects the eyes when viewed, and the radio waves emitted from the TV also affect your skin.

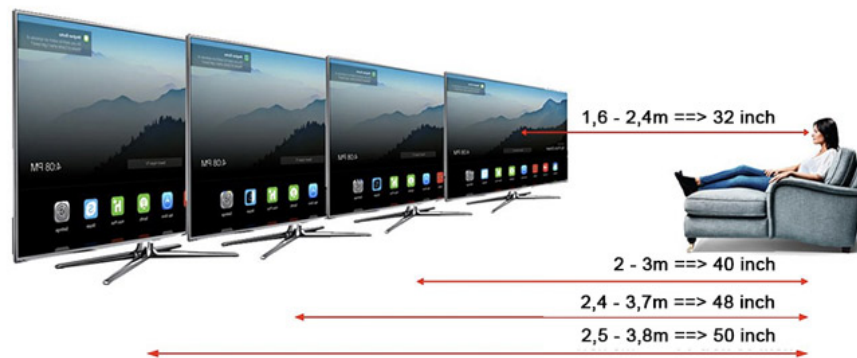


Watching TV too close will cause eye strain.

# Formula to calculate safe TV distance

In fact, the TV set distance is based on the size of the television screen. Depending on the small size of the screen will have different distances, the wider the TV screen, the longer the viewing distance and vice versa. The formula for calculating the distance to watch TV is quite simple, you only need to remember the minimum viewing distance of the TV will be twice the screen size, and the maximum viewing distance of TV will be 3 times the screen size. In particular, the screen size is calculated in inches, 1 inch = 2.54 cm. From here, we have the following formula:

1. Minimum distance = screen size (inch number) x 2.54 x 2.
2. Maximum distance = screen size (inch number) x 2.54 x 3.



Choose a reasonable distance to watch TV to ensure health.

An example demonstrates for readers to be more visual, for example, your family owns a television with a screen size of 42 inches, applying the above formula will have results:

1. Minimum distance = 42 x 2.54 x 2 = 213.36 cm = about 2.1 m.
2. Maximum distance = 42 x 2.54 x 3 = 320.04 cm = about 3.2 m.

Thus, it can be concluded that the reasonable distance to watch 42-inch TVs is from 2.1 to 3.2 m. It's simple and easy, isn't it?

## The safe distance when watching TV in some popular sizes

If your home TV is in some of the common dimensions in the table below, you can always refer to the safe distance when watching television is how much without calculating anything.

**TV screen size**

**Safe distance to see**

**TV screen size**

**Safe distance to see**

24-inch TV

1,2 - 1,8 m

50-inch TV

2.5 - 3.8 m

25-inch TV

1.3 - 1.9 m

55-inch TV

2.8 - 4.2 m

28-inch TV

1.4 - 2.1 m

58 inch TV

2.9 - 4.4 m

32-inch TV

1.6 - 2.4 m

60-inch TV

3 - 4,6 m

40-inch TV

2-3 m

65-inch TV

3.3 - 5 m

42-inch TV

2,1 - 3,2 m

70-inch TV

3.6 - 5.3 m

43-inch TV

2.2 - 3.3 m

TV 75 inches

3.8 - 5.7 m

48-inch TV

2.4 - 3.7 m

78-inch TV

4 - 5.9 m

49 inch television

2.5 - 3.7 m

88-inch TV

4.5 - 6.7 m

**Note:**

If your family has elderly people, people with nearsightedness, . you can adjust the distance a little or a little closer to see how to be honest and clearest.

The above is a way to calculate the distance to watch a safe TV for health, based on the formula that we give hope you will know which distance is the most reasonable to be able to relax without affecting health.

Wish your family have moments of watching TV comfortably.

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