**Laptop Ergonomics**

- You should try to keep your shoulders relaxed with arms resting at your sides, elbows bent to 90 degrees and wrists straight. Tilt the screen to reduce neck bending and any glare. Make sure you use a light touch while keying and mousing.

- Use keyboard shortcuts instead of the mouse whenever possible.

- Consider the tasks you will be working on. Raise the screen to eye level when reading lengthy documents or lower the laptop to elbow height for intensive keying or mousing.

- Consider using a separate keyboard and mouse with your laptop. Raise the laptop screen to eye level and use the keyboard and mouse at elbow height.

- If you are working at a desk or table that is too high for proper keying, try tilting the laptop towards you using an empty 3-ring binder. Reclining your seat slightly will help to improve arm postures. Tilting the laptop will also help to raise the screen closer to eye level.

- Take a break from your laptop. Several short breaks, where you can change your posture, is recommended over one long break.

- When on the go, your own lap can become a convenient place for you’re notebook. This location promotes ideal wrist postures, but places your neck in a bent forward position. If possible, switch the laptop between your lap and a table every 20 minutes.

- When viewing the screen, tuck your chin in as opposed to bending your entire neck down. Try placing a pillow under the notebook to raise the screen to improve neck posture.

- Does your laptop bag have wheels?

Information from The University of Western Ontario  
London, Ontario, Canada, N6A 5B8