Tips for Setting Up Your Home Computer

**Laptop Tips**
- Use a separate monitor, if available. If not, use a laptop riser or place laptop on table/desk, elevated by books to eye height.
- Use a separate keyboard and mouse.
- Increase font size or zoom.

**Work Surface**
Should be close to elbow height, with elbows at sides and bent 90 degrees.

**Proper Seated Posture**
- Feet on floor/foot rest/box.
- Hips/knees at same height.
- Elbows at sides and bent 90 Degrees.
- Neck straight — head not turned to side and chin not tilted up or down.

**Seating Tips**
- Use a chair that will allow you to sit with feet on floor.
- If seat is too high, use a small box/books/footrest to support feet.
- If chair has hard surfaces, use a seat cushion and pillow/cushions for back support.

**Take Breaks**
Get up 1-2 times every hour to change positions, stretch and move around.

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