

Laptop Ergonomics

- Keep your shoulders relaxed with arms resting at sides, elbows bent to 90 degrees and wrists straight. Tilt 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 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 laptop screen to eye level and use keyboard and mouse at elbow height.
- If you are working at a desk or table that is too high for proper keying, tilt laptop towards you using an empty 3-ring binder. Reclining your seat slightly will help to improve arm postures. Tilting 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 your 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. Place a pillow under the notebook to raise the screen to improve neck posture.
- A laptop bag with wheels is Recommended.

