

# Healthy laptop use

## Hints & tips



Our laptops liberate us from the confines of our desks but they also introduce health and wellbeing risks of their own. You can reduce these risks, and stay comfortable and productive, by practicing good postures and forming healthy habits.

**Laptops are not inherently bad for us. It's how we use them that matters.**

### DO

Elevate your screen, so you're looking ahead instead of downwards.

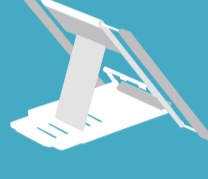
Take regular breaks, wherever you choose to work.

### DON'T

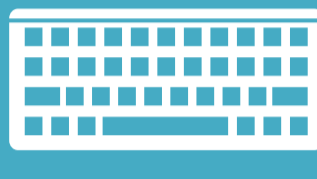
Slouch, slump, or head-hang.

Stay in one position for too long.

#### Ergonomic equipment needed:



Laptop stand



Separate mini keyboard



Mouse

### ✓ Good Posture

Balanced head, not hanging forward

Sit back in chair for better back support

Space behind knees



Top of screen at eye level, an arm's length away

Forearms parallel to desk, relaxed by side

Feet flat on floor

### ✗ Poor Posture

Upper limb pain - from overuse of trackpad and poor arm positioning

Sedentary - stiff from lack of movement



Neck strain - from head-hanging towards screen

Shoulder and back pain - from slouching

## Where should you use your laptop?

### At a desk

If you need to be inputting / typing for more than 15-20 minutes at a time, then you should set yourself up at a desk or suitable work surface - preferably with ergonomic equipment. The same applies wherever you are - at the office, at home or elsewhere.

If all you have is your laptop, then make sure you stretch and move as often as possible.



#### Tasks to do here:

- Typing emails and documents
- Designing or drawing
- Inputting data

### On a sofa or armchair

Not an ideal place to do most work tasks. Only suitable once in a while, for tasks that require minimal interaction with your laptop and no typing.

#### Tasks to do here:

- Watching webinars/videos
- Informal chats with colleagues
- Light online browsing



#### What you need:

- Cushions for extra back support
- Headset (optional)

### On the go

Laptops give us great flexibility about where we work. Just remember that the same guidance applies when we're on the go - set up as best you can to support your position: take breaks, use suitable equipment such as a separate keyboard and mouse if you're writing for long periods, and change up your position regularly.

Think to yourself – is this the best place to be doing this task? Or might it cause me some aches and pains?

To improve this: use a portable laptop stand



#### Tasks to do here:

- Short emails
- Short meetings
- Online browsing
- Watching webinars and videos

#### What you need:

- Portable and lightweight laptop stand
- Ergonomic laptop backpack
- Headset (optional)

### What next?

Kit yourself out with [ergonomic accessories from Posturite](#). If you have any questions, chat online with an ergonomic product specialist at Posturite free of charge