

ERGONOMIC LAPTOP TIPS

While laptops allow us to do more work in more places, their use also puts us at greater risk for injury. Since the keyboard and screen are attached, there is no perfect way to work safely on a laptop. The best we can do is minimize certain risks. Typically the user assumes an awkward wrist posture, a flexed neck, and rounded shoulders. Read below to find out how to minimize risks while working on a laptop!

1. Don't use your laptop on your lap.

Using the laptop on your lap puts you in a very uncomfortable and unnatural position. This can be bad for your neck and back if you are hunched down to use it for extended periods of time.

2. Use a laptop riser, external keyboard, and external mouse.

This is very important if you are going to use your laptop for extended periods of time. A laptop can be very uncomfortable and awkward to use, so using these features can help make the experience more comfortable. The laptop riser allows for the screen to be at a height that is good for the neck and eyes so you are not having to hunch down to see the screen. The external keyboard and mouse allows more flexibility in how you sit and for wrist and hand placement.

3. Take frequent breaks.

Standing up and walking around helps get the blood moving again and also gives a break to other parts of your body that you have been using.

4. Get a transportation case with wheels.

All of the extra equipment on top of the laptop and cords can become heavy, not to mention burdensome. Getting a transportation case with wheels will allow for easier transportation, but also won't cause as much strain on your back from having to carry it.



Please review [Ergonomic Tips for Working Remotely](#) for more information on setting up your home workspace.