

Laptop Ergonomics

Laptops and tablets are not designed for healthy or comfortable long term use: their compact design compromises postures of the neck, shoulders, back, and wrists.

SETTING UP YOUR LAPTOP

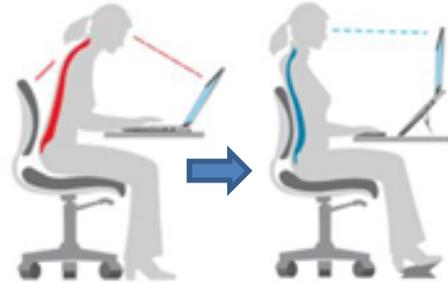
- Neutral postures of the neck, shoulders, back and wrists
- Back supported in its neutral S-shape
- Shoulders relaxed
- Elbows close to the body and at an angle between 90-120 degrees.
- Wrists straight



LONG TERM USE

1 – Ideally use a docking station with external monitor, keyboard and mouse with an adjustable office chair. Follow the [PHSA Online Computer Self-Assessment](#) for proper set-up of your workstation.

2 – Use a separate keyboard and mouse and raise the laptop screen to eye level using a laptop stand or books or use an external monitor and mouse and use the laptop as your keyboard. Use an adjustable office chair and incorporate the solutions under “Portable Use” below.



PORTABLE USE

- Find a chair with good lower back support. If a proper office chair is not available, consider a pillow, rolled towel or jacket against the back of the chair to provide lumbar support. If needed, sitting on a [cushion](#) ([inflatable](#) ones are portable) can help raise your position on a non-adjustable chair. Maybe require a footrest.
- Use a wireless keyboard and mouse positioned at or slightly below elbow height. Try to keep forearms and wrists in a neutral position.
- Make the font larger when possible to reduce eye strain.
- Adjust the brightness and contrast of the screen.
- Orient the display to avoid glare or reflections from overhead lighting and windows
- Take frequent micro breaks.

TRANSPORTING YOUR LAPTOP

- Carry your laptop in a wheeled case with a low profile and ensure the handle is long enough to prevent clipping the heels when pulling. Pick larger wheels for easier rolling.
- If using a backpack choose one with wide, padded shoulder straps. Use both straps.
- Switch hands frequently when using a carrying case with a handle.
- Lighten your load: purchase lightweight equipment and remove unnecessary items.
- When carrying files, binders and other items consider putting them in a separate case to balance your load.



REFERENCES

<https://uhs.berkeley.edu/sites/default/files/laptopergonomics.pdf>