

Ergonomics of Home Laptop Use

- **Take the laptop off your lap**
 - This position often requires you to slouch down and jut your head forward to see the screen, loading your cervical spine with dozens of extra pounds of pressure.
 - If you do need to work without a desk, try using a table that is close to 24'-29" in height.
- **Raise the screen higher**
 - The ideal laptop height and angle lets you view the screen easily without bending or rotating your neck.
 - Elevate the laptop a few inches above your desk, placing it on a stable support surface, such as a laptop stand or a stack of thick books.
 - Your eyes should naturally hit the top third of your screen when you look straight ahead.
- **Use a separate keyboard and mouse**
 - When you work on a laptop for an extended time, do one of two things:
 - Use an external keyboard and mouse to properly position your laptop screen at eye level or
 - Use an external monitor at eye level and position your laptop keyboard at a height that allows your shoulders and arms to relax.
 - Your elbows should be at a 90-degree angle, tucked close to your body, and your wrists should be in a neutral position when typing. This posture helps keep you from rounding your shoulders and pulling your neck muscles.
- **Put your feet up**
 - If you must raise your chair to position your arms and wrists comfortably, check to see how your legs are angled.
 - Your feet should be flat on the floor
 - Your knees should be at an even height with your hips.
 - If your hips are too high or your feet don't reach the floor, use a step or block to support the bottom of your feet. This can help you maintain a neutral lumbar spine and reduce strain on your lower back.
- **Choose a chair with a supportive back**
 - The type of chair you sit in while using your laptop is critical.
 - If you have an office chair that is fully adjustable and has lumbar support may work, but you need to be sure to set it up correctly.
 - If you do not have an adjustable office chair, try using a dining chair or desk chair that has supportive back.
 - If your chair does not have adequate support, you may need a lumbar roll.
 - Remember to sit all the way back in the chair so when you rest against it, the lumbar support is helping to maintain the natural curve in your lower back.
 - As for your neck and head position, your ears should always be above your shoulders, not in front.
- **Take breaks**
 - **Every 20 minutes:** look 20 feet away for 20 seconds. Get your eyes off the screen and let them rest on something in the distance. You can do simple stretches at your desk, such as stretching your neck, shoulders, arms, and legs.
 - **Every hour:** leave your desk to walk around to get your blood flowing and muscles loose. If it is not possible to walk, at least stand, stretch and move. Humans are mobile beings and not meant to sit still all day.

OFFICE WORKSTATION

. Proper setup .

Shoulders are low and back
Not reaching forward

Lumbar support adjusted to
align with lower back curve

Armrests adjusted to elbow
height (elbows bent to 90°)

Hips slightly higher than
knees

2-3" of space behind knee
and front edge of seat

Monitors are 18-36" away

Top of monitors are just
below eye level

Keyboard & mouse are
at elbow height

Wrists are straight

90° to 120° angle between legs and hip

Feet are supported on the floor
or a footrest