



Safety Share

Tips for Improved Laptop Setup

Laptops are quickly replacing desktop computers in the workplace, since they allow for remote work. These more portable and compact computers bring a new set of ergonomics challenges. The way we use laptops can impact our health.

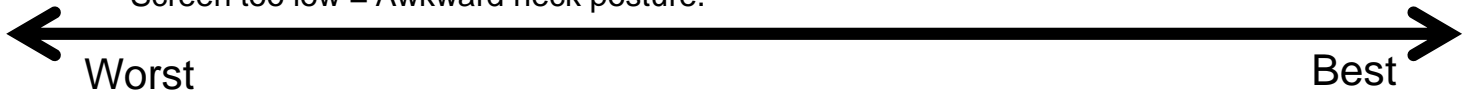
Built-in mouse causes awkward hand and wrist postures.

Built-in mouse and keys are too high or far away, causing awkward hand and wrist postures. Use an external keyboard and mouse to eliminate.

External monitor, mouse and keyboard is the optimal working setup.



Screen too low = Awkward neck posture.



Reduce the risk of musculoskeletal injury when using a laptop:

1. **Raise the screen** using a laptop stand or stack of books. If possible, position a larger external monitor directly in front of you. The active viewing area should be slightly below eye level. Position the screen a little lower if you wear bifocals.
2. **Use an external keyboard.** Position keyboard directly in front of you and close to the workstation edge. Adjust your work surface or seat height until the keyboard is at the height of your elbows. Float your hands over the keyboard during typing to avoid contact stress.
3. **Use an external mouse.** Place mouse beside the keyboard to maintain neutral wrist posture.
4. **Take frequent breaks** away from your computer. Break more often if you do not have a proper setup. Several short breaks with posture changes are better than one long break.