



## Working with a Laptop ... Comfortably

### Ergonomic Issues with Laptop Use

Laptops are commonly used as a primary computer due to portability and convenience; however, they are not designed for extended periods of use. If laptops are not set up correctly, they can lead to awkward postures of the back, neck, arms wrists and hands.

Laptops can also be heavy to transport especially if laptop bags are overstuffed with peripherals, files and other support items.

### Tips to Reduce Your Risk of Discomfort from using Your Laptop

#### Raise the Laptop

The top of the laptop screen should be at or slightly below eye level. Utilize a laptop support stand.



#### Use an External Monitor

A larger external monitor may be more comfortable for performing highly visual tasks on your computer for extended periods of time.



#### Use an External Keyboard and Mouse

This will allow you to position the laptop screen at a comfortable height and viewing distance.



#### Use an Alternative Carrying Case to Transport Laptop

Consider using a backpack designed for a laptop or a rolling laptop case to transport laptops from one location to another.

