



# INJURY PREVENTION & MANAGEMENT

## BEST PRACTICES: Ergonomic Laptop Use

### Laptop Postural Challenges

- The screen is often too low, which may result in a forward head or forward flexed posture.
- The front edge of the laptop and/or sharp edge of the table may dig into the forearms.
- Shoulder tension or hiking can result when unconsciously trying to relieve the forearm pressure.
- Shoulder tension or hiking can result if the keying surface is too high.



### Simple Adjustment to Improve Posture and Comfort

- Elevate the back edge of the laptop on a book or binder. This helps to:
  - Bring the screen higher for improved neck posture.
  - Allow the worker to lean back into the chair and use the backrest for spine support.
  - Support the wrists in neutral keying posture.
  - Eliminate the pressure point between the forearms and the front edge of the laptop or table.
  - Limit shoulder hiking and decrease shoulder tension.



### Additional Tips

- To limit neck flexion, place needed papers or reference materials on a 3-ring binder as pictured above to position them at an angle.
- Use a downward gaze to view the screen and avoid dropping the head forward.
- Use a pillow when needed to support the spine. Spinal muscles are least stressed with the ear, shoulder, and hip in vertical alignment.
- Place the laptop on a pillow to raise the screen and keyboard when working from a chair or couch.
- Working from a standing position can provide an occasional healthy change. Relocate the laptop to a surface that is approximately elbow height.
  - Elevating the back edge of the laptop as suggested above may be helpful if the standing work surface height is above elbow level.
  - Elevating the front edge of the laptop as pictured at right may be helpful if the standing work surface height is below elbow level.
- An external mouse can be useful to provide a break from the laptop's touchpad.
- Route charging cords thoughtfully. Avoid creating trip hazards for yourself or others.
- Reduce digital eye strain with the 20-20-20 Rule:
  - Every 20 minutes
  - Look 20 feet away
  - For 20 seconds

