

Laptop Ergonomics

Start with these simple tips to retrofit your laptop setup and get more comfortable.



1

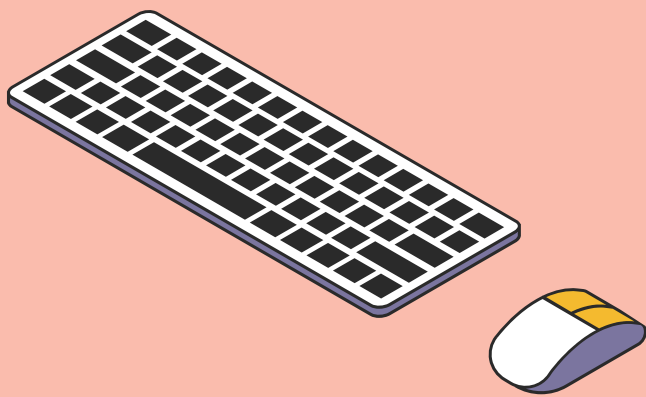
Laptop at Eye Level

Elevate laptop to eye level with a stand or stack of books.

2

Viewing Distance

Place laptop one arm's length away from you.



3

Keyboard and Mouse

Use an external keyboard and mouse for optimal positioning of your shoulders, elbows and wrists.

4

Back Support

If your chair does not have back support, use a rolled-up towel or a lumbar cushion.



5

Feet on Floor

Rest your feet flat on the floor or use a foot rest.

