ERGONOMIC LAPTOP SETUP TIPS

Working from a laptop for an extended period can be uncomfortable and can put you in an awkward position. Below are some tips to help you achieve a better ergonomic posture while working from a laptop.

- Select or adjust your workstation or chair so that you can work with your shoulders relaxed, elbows close to your sides, and wrists and hands in a straight neutral position.

- Use a chair that supports your back and that can adjust if possible. Your knees and hips should be at an even level. If the workstation is too high for your knees and hips to be even, use a footrest to help elevate your knees.

- If possible, plug in a mouse and keyboard to the laptop.

- Raise the laptop screen so that the top of the screen is about eye level height. Books or a laptop riser can be used.