

Ergonomic Tips for Working Remotely with a Laptop

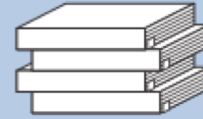


For more information about Ergonomics go to [EHS Campus Services: Ergonomics](#)



Use External Devices.

Attach an external keyboard and pointing device to your laptop. Position them at a height that allows your upper arms to hang loosely from the shoulder and your forearms to extend horizontally to the floor towards the keyboard.



Raise the Laptop.

Place the laptop on a stand, book or other surface that raises it to a height that you can see the screen without having to bend or rotate your neck. Your eyes should naturally hit the top third of your screen when you look straight ahead.



Ensure Proper Seating

Use a chair that is adjustable and supports your body. If you don't have a good chair, add pillows for back/leg support or to create a seat cushion.



Change Positions

One positive thing about a laptop is how portable they are! Try to spend an hour or two each day using your laptop while standing rather than sitting in a chair.



Take Breaks

Set a timer or schedule a reminder in your Outlook calendar to take a 3-5 minute break every 30+ minutes. Get up, walk around, or do some quick stretches.