

# The ultimate guide to healthy laptop use



Our laptops liberate us from the confines of our desks but they also introduce health and wellbeing risks of their own. You can reduce these risks, and stay comfortable and productive, by practicing good postures and forming healthy habits.

**Laptops are not inherently bad for us. It's how we use them that matters.**

## DO

Take regular breaks, wherever you choose to work

Use ergonomic equipment if you're inputting for long periods

Enjoy the portability of your laptop and explore different environments

## DON'T

Stay in one position for too long

Slouch, slump, or head-hang

Ignore what your body might be trying to tell you

### Ergonomic equipment needed:



Laptop stand



Mini keyboard



Mouse

## Where should you use your laptop?

If you need to be working for more than 15-20 minutes at a time then you should set yourself up at a desk - preferably with ergonomic equipment. If all you have is your laptop then make sure you stretch and move as often as possible.



### Tasks to do here:

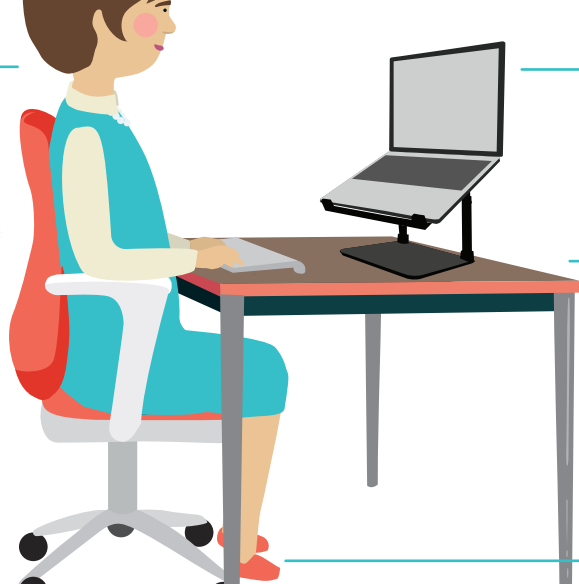
- Writing reports/essays
- Designing or drawing
- Inputting data

## Good Posture

Balanced head, not hanging forward

Sit back in chair for better back support

Space behind knees



Top of screen at eye level, an arm's length away

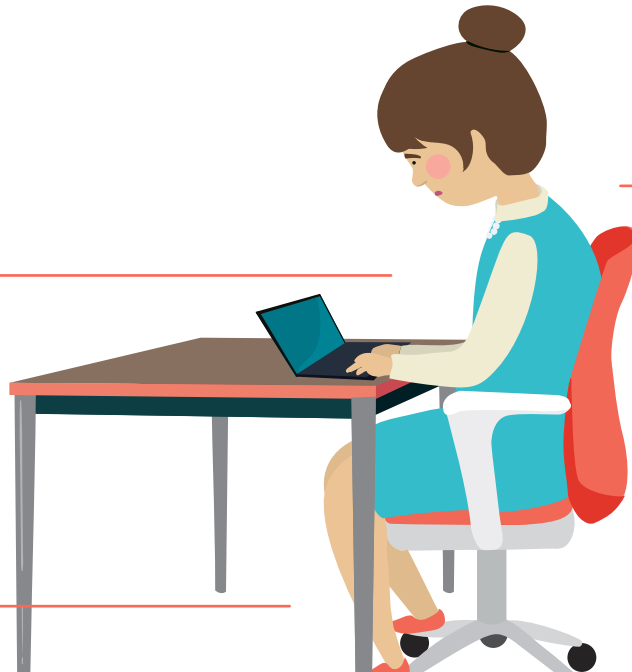
Forearms parallel to desk, relaxed by side

Feet flat on floor

## Bad Posture

Upper limb pain - from overuse of trackpad

Sedentary - stiff and stuffy from lack of movement



Neck strain - from head-hanging towards screen

Shoulder and back pain - from slouching

## On a sofa or armchair

Not an ideal place to work, but we're all guilty of it. Lower your risk of pain and injury by working here for no longer than 15-20 minutes - and only on tasks that require minimal interaction with your laptop.



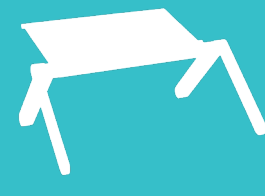
### Tasks to do here:

- Watching webinars/videos
- Reading
- Online browsing

### What you need:



Cushions for extra back support



A lap tray to prop up your laptop



Timer to remind you to get up

## On the go

Laptops allow us to roam the world without having to leave our work at home. The same rules apply: take breaks, using suitable equipment if you're writing for long periods, and change up your position regularly.

### Tasks to do here:

- Proofing and editing
- Reading
- Online browsing
- Short emails



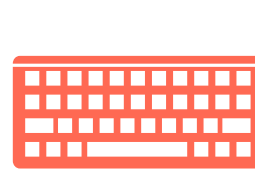
### What you need:



Laptop stand



Mouse



Keyboard



Ergonomic laptop backpack

Find everything you need for an ergonomic laptop workstation at <https://www.posturite.co.uk/mobile-device-accessories/laptop-packs.html>