THE LAPTOP COMPUTER DILEMMA

HELPFUL HINTS

NOTE: LAPTOPS ARE NOT RECOMMENDED AS PRIMARY COMPUTERS. IN THE OFFICE OR WHILE AT HOME A DOCKING STATION IS RECOMMENDED AND WILL PROVIDE ADJUSTABILITY WHICH WILL ENHANCE NEUTRAL POSTURES.

Computing: *Maintaining neutral postures will reduce stress and strain to the musculoskeletal system. Incorporate mini-breaks every 30 minutes to break up repetition and static postures.*

✤ Maintain a comfortable viewing distance from your screen; about 18-30 inches (1arms length.)

✤ Keep your head and neck in a neutral posture; avoid excessive neck flexion or rotation.

✤ Angle the screen so that it is perpendicular to your line of sight, if lighting permits.

✤ Position the keyboard at elbow height, and keep your wrist straight while keying.

✤ Experiment with table height, chair height and keyboard angle to maintain neutral wrist postures.

✤ Remember, if you raise your chair use a footrest to support your feet. When seated your hips should be slightly higher than your knees.

✤ If you are seated in a side chair or couch, use a pillow to support your arms while keying, this will help you maintain neutral arm, wrist and hand postures.

✤ Attach an external mouse instead of using the small constricted touchpad or trackball.

Transporting: *Keep these ideas in mind while carrying your laptop from place to place.*

✤ Eliminate unnecessary baggage from your briefcase, the less demand placed on the body the better.

✤ Carry your laptop in a case with a padded shoulder pad and handle. Frequently shift hands or shoulders to balance the load.

✤ Use a wheeled luggage cart when possible.

REMEMBER TO STRETCH FREQUENTLY.
USE FATIGUE NOT PAIN AS A WARNING SIGN TO INJURY.

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