



SARACEN
OFFICE INTERIORS

Laptop Ergonomics

Design – Supply - Installation

A complete office solution under one roof

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Introduction

Laptops bring great freedom to work remotely wherever and whenever you want. Just as desktop computers have guidelines for safe use, so do laptop computers though these are often overlooked. Below is a list of things to consider to ensure your safety and comfort when using them.

Working with a Laptop

- Try to set up the laptop so that you can sit at it as you would your regular keyboard with elbows level or slightly higher than the keyboard at approximately 90 degrees.
- Use a chair that does not have arms so you will have sufficient room to move your arms freely
- Try to avoid bending your neck and head forward to see as this will cause neck and upper back stress and subsequent aching and fatigue. Keep your head and neck balanced over your spine by tucking in your chin. Stretching exercises may help if discomfort has already occurred.
- Avoid resting the on the wrist rest areas when typing. Use the whole hand and arm to navigate the keys.
- If you find a laptop glide mouse hard to use, try plugging in an external mouse or even a standard keyboard and monitor if you are working in an office. The key on a laptop are often lighter than a standard keyboard so avoid pounding on the keys.
- Take frequent breaks from the screen just as you should from any VDU. Stand up, walk around and stretch. Ensure that you make frequent changes of position.
- Ensure that the screen is positioned to avoid sunlight or harsh light falling on the screen and causing eyestrain.

Travelling with a laptop

Whilst travelling you should also set yourself up as ergonomically as possible. Try to avoid using a laptop on a flight where there is little room to operate easily without causing discomfort.

Laptops can be heavy to carry for long periods so, to avoid shoulder strain - try not to carry them by the handle. It is preferable to use a padded shoulder strap or a long handled computer case fitted with wheels.

Working in a hotel room

Try to find a table and chair at the correct height to allow you to sit comfortably at your laptop.

Use a pillow, or towels to ensure that you are seated at the correct height if the table is too high to work at comfortably.

If you are unable to get a good working height at a table, then use your lap.

- Sit so that your knees are level with your hips
- Be careful with your neck – avoid straining and fatigue by tucking in your chin
- Try to find a chair without arm rests
- Take frequent breaks

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