

Tips for Using Your Laptop Safely at Work, Home, & Traveling

A laptop computer offers convenience and portability but no adjustability by itself. If you are working more than 30-60 minutes on your laptop, use additional accessories to create a safe working design. Without these accessories, laptop users may experience discomfort to the neck, back, hand, and wrist.



Basic Set Up

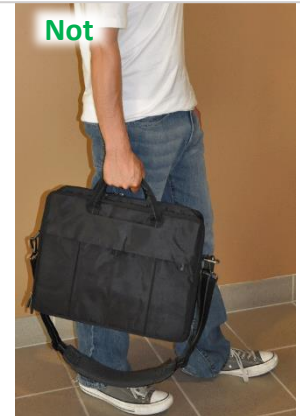
- Use an adjustable chair and desktop that allows you to sit comfortably so that your elbows are by your side. You may need to use a footrest if the desk is too high and your feet are dangling.
- Use an external keyboard and an external mouse.
- Use a laptop holder or stand (see product recommendations) or prop it up on a book or binder to get your laptop monitor to the correct height.
- To prevent glare, set up your laptop so that the screen is not directly in front or behind windows or other sources of bright light.

Home Use

- If you are using your laptop at home without any additional equipment as described above, keep your time on the laptop to less than 45-60 minutes at a time.
- If you are using the laptop on your lap, remove it every 15-20 minutes to allow your lap to cool.
- Take an active break from your laptop every 15-20 minutes.
- Get out of your seat (or couch or bed!) & move around
- Switch mousing hands if you are using a symmetrical mouse
- Rest your eyes by blinking & looking away from the screen
- If you are using your laptop on the couch or in bed, limit your time to 15-20 minutes maximum, or less if you begin to feel discomfort.

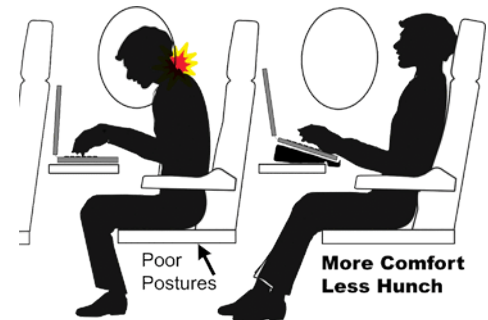
Carrying Your Laptop

- When moving your laptop, avoid carrying your case in one hand. Instead, use a backpack, a rolling laptop bag, or a case with a padded shoulder strap.



Traveling & Working

- If you are using your laptop on the couch or in bed, limit your time to 15-20 minutes maximum, or less if you begin to feel discomfort.
- It is unlikely that you can assume a good position, or use all the necessary external equipment on a plane. If this is the case, limit your time to 15-20 minutes maximum, or less if you begin to feel discomfort.



More Info @ UCSC Ergonomics Website: <http://ehs.ucsc.edu/programs/ergo/>

