

Working with Laptops



Height

The same principles apply to laptops as to your desktop monitor. Whenever you use a laptop for extended periods of time, you should look to set it up on a laptop stand to reduce the strain on your neck.

Typing

If you set up your laptop on a stand, then you should use a separate keyboard. Some laptop stands have covers which slide over the keypad to prevent you from using it.

Navigating

When you have your laptop on a stand, you should also use a separate mouse or trackpad. Agile workers may very well find a wireless version helpful.



Documents

If you refer to notes, you should choose a laptop stand with an integrated document holder.

Agile use

If you are often taking your work out and about, it can be a good idea to invest in a stand which attaches to your laptop - that way you can never leave it behind.

Seating matters

Using your laptop on the sofa is more likely to cause unhealthy C-shape posture. Sit on a chair with a supportive backrest to ensure a healthy S-Shape.

Refining your posture

Move and stretch regularly