

Computer Posture - Laptop Workstations, How To Make Your Laptop Workstation ERGONOMIC

How you type on a laptop computer matters

Find a comfortable, adjustable chair that allows you to recline very slightly.

Angle the laptop screen so you can easily view the images with the least amount of neck deviation

Full-time users - Many people use these portable computers as fulltime laptop workstations. If you use your laptop frequently and for periods of longer than two hours, as is typical in workplace settings where a notebook computer may be the employee's main computer, begin to sit in a correct computer posture consistently and utilize other ergonomic practices, including the following:

Position the laptop on your desk/work surface directly in front of you.

Set the unit's height and screen angle so the images can be easily read without bending your neck. This may require that you elevate the laptop off the desk surface using a stable support surface, such as a computer monitor pedestal.

If your desk height is satisfactory for your screen's placement, attach a separate, full sized

Many lightweight portables can become as heavy as larger laptops after you add all the components into your carrying bag. If your laptop and components weigh 10 lbs or more, certainly consider using a pull-along laptop carry-on bag. If you prefer a smaller bag and can comfortably carry your laptop, select a bag that is well designed for that purpose and features a well padded shoulder strap system.

Ideal Laptop computer positioning examples

Example Workstation Setup: (The below illustrates good and bad laptop workstation setups. When setting up your workstation use these pictures as examples and guidelines to follow.



Ergonomic positioning of notebook computers. Keeping your body in "neutral posture" means keeping your body's joints in a mid-range of motion while working at your computer workstation. When your arms are relaxed at your sides and not reaching they are in neutral posture. Wrists that are kept straight and not bent down, up, or to either side, are also in neutral posture. Keeping all this in mind, let's look more closely at how to establish the most ergonomic position while working on your laptop.

Maintain a comfortable viewing distance from the screen.

Tilt the screen at an angle for easy viewing so you are not stretching or compacting your neck to view the screen.

Keep glare off screen to avoid eye strain.

Keep laptop keyboards at a height and angle that maintains your shoulders, arms and wrist in neutral position.

Optionally, place a separate, full-sized keyboard on an adjustable height, negative tilt keyboard tray so your shoulders can relax and arms rest easily at your side.

Position laptop keyboards directly in front and close to you to avoid excessive extended reaching.

Your mouse (one that is independent of the laptop) should be placed adjacent to the keyboard and at the same height. Avoid extended and elevated reaching for either the keyboard or mouse. Keep the back of your wrist flat in a neutral position.

If you have a separate keyboard connected to your laptop, place it on a "negative tilt" keyboard tray (angled slightly back) in order to help keep wrists straight while typing.