

# Ergonomic Tips for Laptop Users

While sitting the body should be in a neutral position, with the back supported, shoulders relaxed, elbows and knees at a ninety degree angle, and wrists straight.

Use a laptop stand if you don't use an external monitor. A docking station with an external monitor is an option.

If the chair is adequately adjusted but your feet are not supported by the floor then a footrest is needed to support the feet.



Use an external keyboard with the laptop stand.

Both the keyboard and mouse should be close to you with the mouse next to the keyboard.

The top of the laptop's screen should be at or just below eye level. To achieve, use a laptop stand.

Allow ample clearance to move knees and legs under the workstation. Reset your feet firmly on the floor or footrest.

Adjust the height of the chair to achieve a proper posture. Keep your keyboard at elbow height by raising/lowering the chair or desk.

