Employees are encouraged to work at a desk or table. If choices in your home are limited, a car can be a good option for a comfortable seat and privacy. In this factsheet, you will learn how to position yourself in your car. An optimized set-up will improve comfort and efficiency.

Parking/Lighting/Ventilation

Make sure the car is parked in a safe area and the ignition is turned off. Activate the handbrake to help reduce car sway. Using your laptop while parked outside can be very bright. Make sure to turn up the brightness of the screen to improve contrast and reduce glare. If you can, park in a garage or shaded spot to reduce the brightness. Lastly be sure to park in a cool or well-ventilated area to avoid heat illness.

> **SAFETY IS #1**
>
> ✓ PARK IN A SAFE AREA
> ✓ TURN OFF IGNITION
> ✓ ACTIVATE HANDBRAKE

Identify a seat to work

Good back support is important when working the car. Start by choosing a comfortable seat in the car with plenty of room to place your laptop on your lap. The driver's seat will not work because the steering wheel is in the way. The front passenger seat may be the best option because the front seats are usually more adjustable while the rear seats are fixed.

Slide the seat back so you have enough space to place the laptop on your lap in front of you. Adjust the seat tilt and backrest as needed for additional space and comfort. If the front passenger seat is not available, choose a rear seat and slide the front seat away from you. Try to maintain the S-curve of your spine by fully engaging the backrest. If the seat does not offer sufficient support, you can do this by placing pillows or a rolled up towel between you and the backrest. Start from the hips and continue up until you feel like you are well supported.

Laptop Position and Support

Correctly positioning a laptop is difficult while in the car. Placing the laptop on your lap places the monitor too low and can cause some discomfort in your neck. Consider using a lapdesk and/or a pillow to reposition your laptop screen so you can comfortably view the monitor. Avoid placing the laptop directly on a pillow or other soft surface that will restrict airflow. Blocking the laptop's fan may cause it to overheat. Raising the monitor closer to eye-level reduces fatigue associated with looking down at the screen.