

# Laptop Ergonomics

Laptops are convenient but do not make good ergonomic desktops. However, with a little diligence and a few accessories you can make your laptop work for you as a desktop.

## Ergonomic Risks with Laptops

- **Keyboard spacing** - Laptop keyboards are often compact with odd placement of some keys and cramped spacing of others. This results in awkward hand and wrist postures.
- **Monitor size** - Laptop screens are often smaller, resulting in increased eye strain.
- **Monitor placement** - The relation of the keyboard to monitor on a laptop is fixed. This placement leads to bad posture of the neck, shoulders or arms.
- **Small pointers** - Laptops usually have an integrated pointing device such as a touch pad or dot. These devices are adequate for the task, but not very comfortable or easy to use for long periods of time.

## Tips for Laptop Use

- **Laptop Size** - Larger and clearer (higher resolution) screens are easier to view and reduce eye strain.
- **Laptop Weight** - If you are frequently transporting your laptop, think about the weight of the system (and accessories). Many lightweight portables can become as heavy as regular laptops when you add the weight of all of the components together. If your laptop + components weighs 10 pounds or more then you should certainly consider using a roller bag. If you are using a backpack, be sure the straps are padded and distribute the weight evenly between both shoulders.
- **Laptop Glare** - Many laptops have glossy screens which can create glare. If glare is bothering you, please move to a location where direct glare is minimized or purchase a matte screen cover to reduce glare.
- **Laptop Posture** - If you are unable to attain the posture illustrated below, limit your laptop use to one to two hours per day and take frequent breaks.

