POSTURITE
Because Health Matters

The ultimate guide to healthy laptop use

Our laptops liberate us from the confines of our desks but they also introduce health and wellbeing risks of their own. You can reduce these risks, and stay comfortable and productive, by practicing good postures and forming healthy habits.

Laptops are not inherently bad for us. It's how we use them that matters.

DO	DON'T
Take regular breaks, wherever you choose to work	Stay in one position for too long
Use ergonomic equipment if you're inputting for long periods	Slouch, slump, or head-hang
Enjoy the portability of your laptop and explore different environments	Ignore what your body might be trying to tell you

Ergonomic equipment needed:

Laptop stand   Mini keyboard   Mouse

Where should you use your laptop?

If you need to be working for more than 15-20 minutes at a time then you should set yourself up at a desk - preferably with ergonomic equipment. If all you have is your laptop then make sure you stretch and move as often as possible.

Tasks to do here:
- Writing reports/essays
- Designing or drawing
- Inputting data

Good Posture

- Balanced head, not hanging forward
- Top of screen at eye level, an arm's length away
- Sit back in chair for better back support
- Forearms parallel to desk, relaxed by side
- Space behind knees
- Feet flat on floor

Bad Posture

- Upper limb pain - from overuse of trackpad
- Neck strain - from head-hanging towards screen
- Shoulder and back pain - from slouching
- Sedentary - stiff and stuffy from lack of movement

On a sofa or armchair

Not an ideal place to work, but we're all guilty of it. Lower your risk of pain and injury by working here for no longer than 15-20 minutes - and only on tasks that require minimal interaction with your laptop.

Tasks to do here:
- Watching webinars/videos
- Reading
- Online browsing

What you need:
- Cushions for extra back support
- A lap tray to prop up your laptop
- Timer to remind you to get up

On the go

Laptops allow us to roam the world without having to leave our work at home. The same rules apply: take breaks, using suitable equipment if you're writing for long periods, and change up your position regularly.

Tasks to do here:
- Proofing and editing
- Reading
- Online browsing
- Short emails

What you need:
- Laptop stand
- Mouse
- Keyboard
- Ergonomic laptop backpack

Find everything you need for an ergonomic laptop workstation at
https://www.posturite.co.uk/mobile-device-accessories/laptop-packs.html

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