



Ergonomics fact sheet

Ergonomic tips for laptop use at home

1. Ideally use a chair that:

- is height adjustable
- has a stable base of support
- provides lumbar support
- is free of restrictive arm rests

If you have access to a seat with these features raise/lower your seat to enable the desk/ table height to be at elbow level. Your feet should be flat on the floor or on a footrest, and your thighs should be parallel with the floor.

If you don't have access to a chair with the above features, find one that best allows you to sit at a desk or table where your elbows are at table height.

If your chair doesn't have adequate lumbar support, you can improvise by placing a rolled up towel in between your lower back and the chair's backrest.

2. The desk or table you work from should:

- have adequate space for you to perform your work tasks
- have adequate space underneath to avoid adopting awkward or twisted postures
- be at an adequate height in relation to the chair you are using

3. Set up your laptop on the chosen table/desk in the following way:

Plug in an external keyboard and mouse to your laptop.

Position the laptop directly in front of you at an arm's length away

Place the laptop on a docking station or improvise by placing it on top of one or two large books, to avoid bending of the neck.

Position your keyboard directly in front of you as close to the front edge of the table/desk as is comfortable. Place your mouse directly beside your keyboard on your preferred side.

If you do not have access to an external keyboard and mouse, ensure your laptop is close enough to you that your arms remain at a 90 degree angle and you do not have to hunch over forwards to see the screen. To reduce bending of the neck, tilt your laptop screen backwards.

4. Place any frequently used items within easy reach e.g. phone, note pad.



5. Ensure your work space is well lit and that there is no glare on your laptop screen.

6. Ensure your work space is free from any trip hazards e.g. power leads and cables.

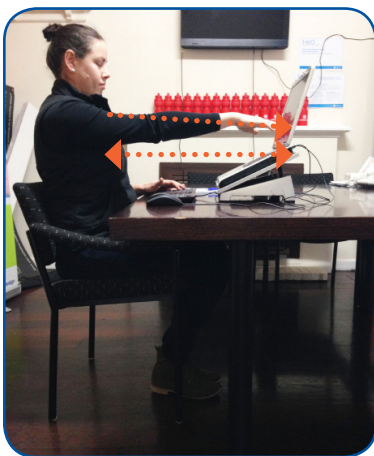
7. Ensure you have regular vision and stretch breaks.

2 minute breaks for every 30 minutes of computer based work.

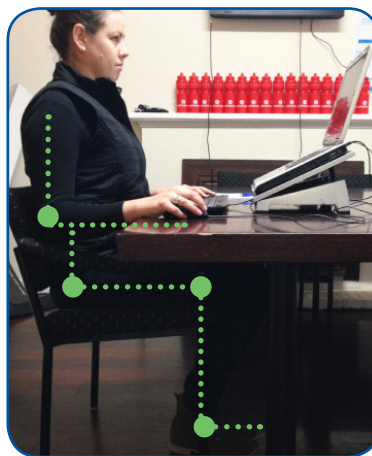
Here are some examples of good laptop ergonomics at home



Use of docking station, external keyboard and mouse



Laptop screen an arm's length away
Top of screen just below eye level



Arms - 90 degrees
Legs & torso - 90 degrees
Knees - 90 degrees
Feet - 90 degrees



Use a cushion to help raise the height of a non-adjustable chair

Your workplace health
and wellbeing program provider

