

Laptops are great for letting you work the way you want to...

**on the bed... On the sofa...
even on the floor!**

But working this way can have its downsides too. It's just plain uncomfortable after a while, but there can be longer term health effects that start with aches and pains in your wrists, or your neck, or your back. So take some simple steps now to look after yourself for the future. Go on...

Don't be a **Laptop Loser!**

- ☺ Use your laptop for short periods of time and take lots of breaks - this can mean just moving and stretching, but ideally, it's best if you go and do something else for a while.
- ☺ Try to change your position every 15 minutes or so, or sooner if you become uncomfortable.
- ☺ Put your laptop on a table and use a chair that supports your lower back.
- ☺ If you have to do lots of work on it, plug in a mouse and separate keyboard, that way you can position them where it's comfortable for you. And it lets you raise the laptop (on some books maybe) to a better, eye-level, viewing height!

For more detailed advice on selecting and working on a laptop, visit the Ergonomics Society website at:

www.ergonomics.org.uk

- > About ergonomics
- > Ergonomics in education
- > Laptops advice for students.



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