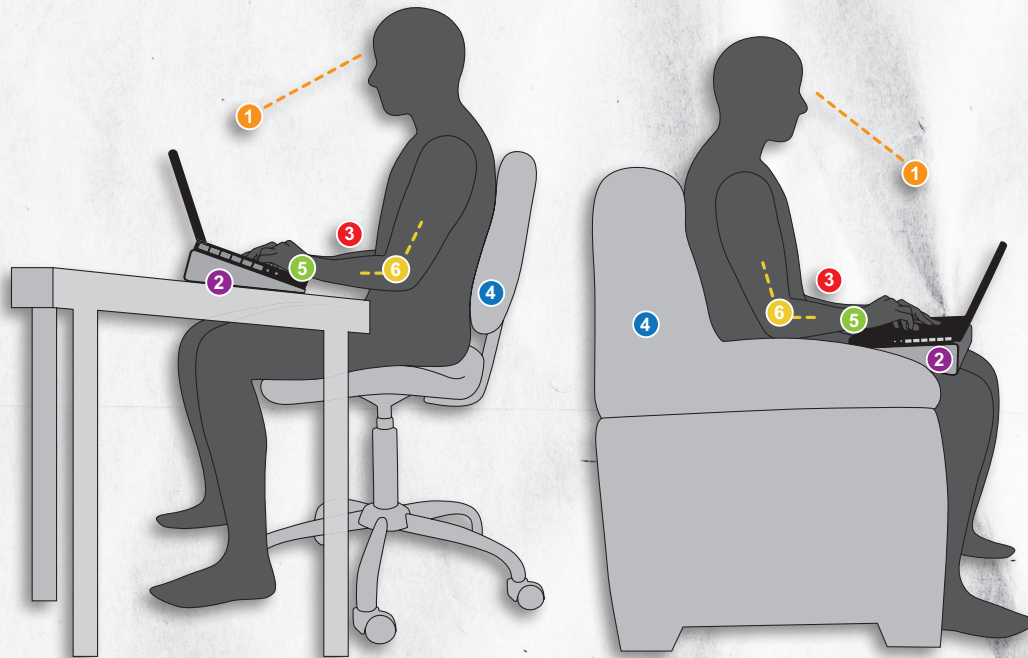


Ergonomics ensures workspaces are set up to maximize productivity and avoid injury. Laptops, while convenient, do not meet all ergonomic standards. Set your laptop up correctly to avoid strain and injury.



① Screen should be level with your eyebrows to avoid neck strain. ② Place the laptop on a table if one is available to ensure the monitor is at the proper height. A laptop cushion or 3-inch binder can also be used to elevate the screen closer to proper height.

③ Align the keyboard with the navel. To avoid rotating or twisting the spine while working, never place the keyboard off to the side.

④ Practice good posture. Use a chair that provides lumbar support and allows you to sit straight or slightly reclined. ⑤ Wrists should be neutral or straight while typing, and not come into contact with the laptop surface. ⑥ Elbows remain close to your body and above wrist level when typing.

Use an external keyboard and mouse when using the laptop longer than two hours.

Take a break every 20 minutes to stand up and change positions.

For more information on ergonomics, visit Wellness.IllinoisState.edu/Ergonomics.shtml.

Wellness.IllinoisState.edu

If you would like a copy of this publication for use in your department, contact Health Promotion and Wellness at (309) 438-WELL (9355), or print from our Toilet Talk archives at Wellness.IllinoisState.edu.



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