The ultimate guide to healthy laptop use

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

**DO**

- Take regular breaks, wherever you choose to work
- Use ergonomic equipment if you’re inputting for long periods
- Enjoy the portability of your laptop and explore different environments

**DON’T**

- Stay in one position for too long
- Slouch, slump, or head-hang
- Ignore what your body might be trying to tell you

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.

**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.

**Good Posture**

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

**Bad Posture**

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

**Ergonomic equipment needed:**

**Laptop stand**
- **Mini keyboard**
- **Mouse**

**On a sofa or armchair**

This is not ideal, but here’s a go-to guide: Use your sofa or armchair as a desk and adjust your laptop’s height and angle. You can also use cushions for extra back support and a lap tray to prop up 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:**

- Proofreading and editing
- Reading
- Online browsing

**What you need:**

- Laptop stand
- Mouse
- Keyboard

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