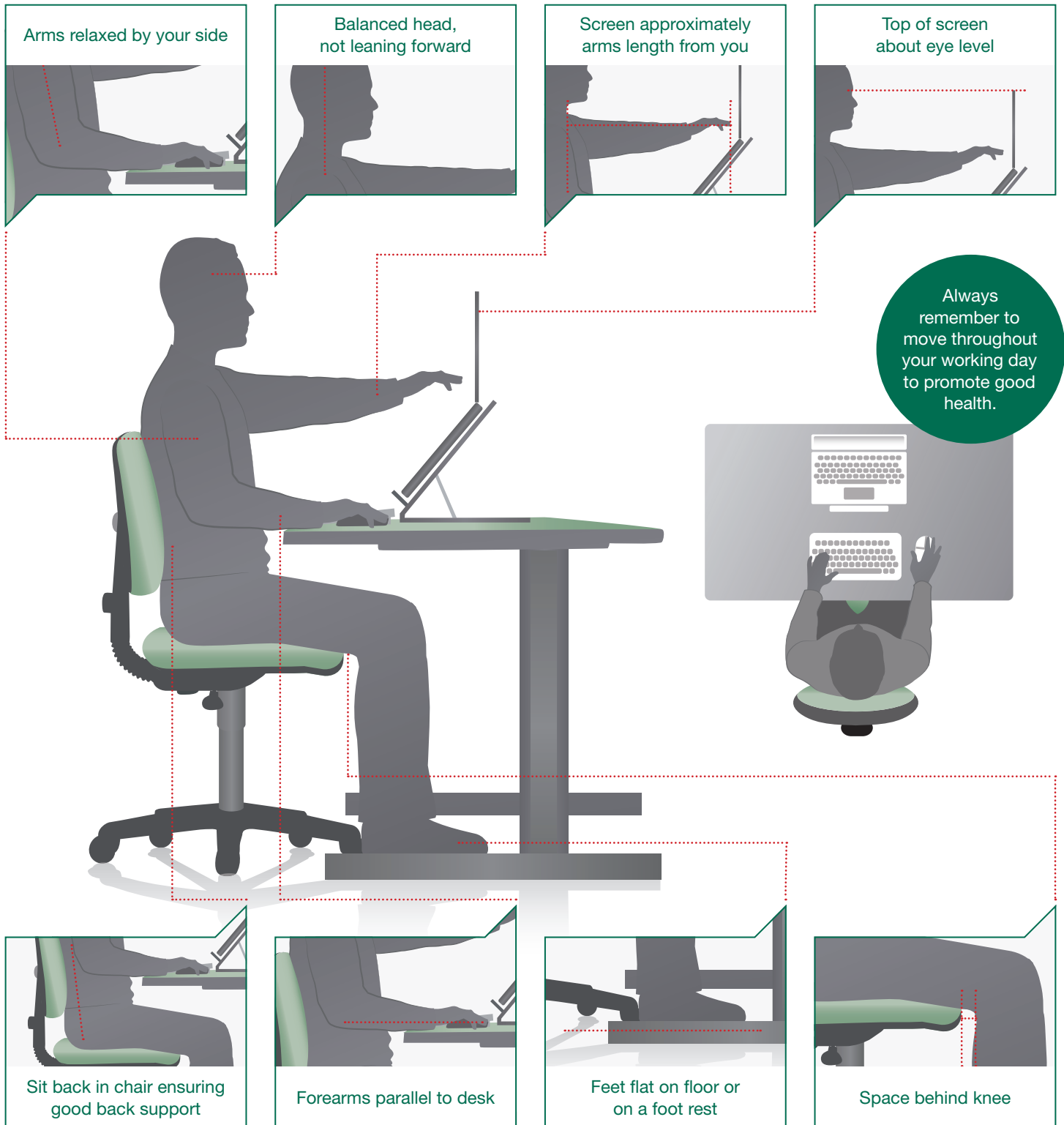


# Laptop Helpful Hints

For good laptop use with mini keyboards



Arms relaxed by your side

Balanced head,  
not leaning forward

Screen approximately  
arms length from you

Top of screen  
about eye level

Always  
remember to  
move throughout  
your working day  
to promote good  
health.

Sit back in chair ensuring  
good back support

Forearms parallel to desk

Feet flat on floor or  
on a foot rest

Space behind knee

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