

Comfortable Screen Use While Travelling

Practical DSE guidance for mobile working.



TRAIN

- Book a table seat for screen work.
- Choose an aisle seat for easier breaks, less glare and more elbow space.



PLANE

- Avoid sustained screen work in standard seating.
- For longer work, consider an upgraded seat with adequate workspace.
- Use flight time for lower-screen tasks such as planning or making notes.



CAR

- Keep screen work brief.
- Plan stops where you can work at a table, such as a café.
- If unavoidable, move to a passenger seat and use a vehicle desk.

PLAN AHEAD

Work more comfortably while travelling.

EQUIPMENT

Choose lightweight, suitable equipment:



Laptop



Laptop riser



Travel keyboard



Separate mouse

CARRY YOUR EQUIPMENT



Up to 5%
of your body weight.
Use a backpack.



10–15% of
your body weight.
Use a wheeled bag.



PACK SMARTLY
Pack heavier items low
and close to your back.

LIMIT YOUR TIME

Poor set-up?

15 MIN → 2–5 MIN BREAK

Save longer tasks for a suitable workstation.

No table?

Avoid using your laptop directly on your knees. If essential, raise it with a briefcase or books and keep cooling vents clear.



USE YOUR TECHNOLOGY

Use speech-to-text to reduce typing when working on the move.



KEY MESSAGE

Plan ahead, improve your set-up and take more frequent breaks when conditions are less than ideal.

