

# Using a Laptop Comfortably

Laptops are designed for portability. If you're using one for longer periods, simple changes to your setup can improve comfort.

## Create a more comfortable laptop setup



### Top of screen at eye level

Helps you maintain a neutral head and neck position.



### Well supported seating

Adjust your chair to support your lower back and encourage an upright posture.



### Feet flat on the floor

or on a footrest if needed.



### Raise the laptop screen

Use a laptop riser or stand to achieve the right height.



### Use an external keyboard

Helps keep your forearms supported and wrists in a more neutral position.



### Use an external mouse

Keep the mouse close to your body and reduce reaching.

## WHY LAPTOPS ARE DIFFERENT

Laptops combine the screen and keyboard into one unit. This makes it difficult to achieve an ideal position for both at the same time.



The screen is usually too low, which can lead to a forward head position and neck strain.

## WORKING AWAY?



Without external devices, keep laptop use brief.



Take frequent microbreaks.



Return to your usual workstation when practical.

## SIMPLE WAYS TO IMPROVE COMFORT



Change position regularly



Move often



Take regular movement breaks



Check your lighting



Stay hydrated



Rotate tasks when possible



### KEY MESSAGE

**Laptops are designed for portability, not prolonged workstation use.**



Simple changes to your setup can reduce strain and help you work more comfortably.



### DISCLAIMER

This guidance provides general information only and does not replace an individual DSE assessment. If you experience discomfort or have a health condition, seek advice from a qualified professional.

