Ergonomics Tips for Laptop Users

External Input Device

To avoid using an awkward laptop touch pad or mini-trackball, plug an external mouse or other input device into the laptop. Most laptop touch pads or trackballs are not meant to be used for long periods of time. If using a laptop on a regular basis for more than a few hours per shift, an external mouse or other input device should be considered to avoid awkward wrist and hand positions.

Monitor Location

If you’re on the road and do not have access to a docking station, try using a desk and an adjustable-height chair that allow your elbows to be at the same height as the keyboard. If a desk is not available and you have to place the computer on your lap as shown above, use a couple of books or pillows to raise the laptop’s height. Since working on a laptop can often cause you to be in an awkward position, it’s even more important to alternate your position frequently and stretch.

Questions? Contact your safety consultant at 303-361-4000 or 1-800-873-7242.