



How does your posture stack up?

	Yes	No
Head is upright, not stretching forward to view monitor		
Ears over midline of shoulder		
Shoulders are relaxed with elbows at 90 degrees (or slightly greater)		
Armrests do not drive shoulders up or encourage winging or leaning to reach them		
Wrists kept straight (not bending up or down)		
Hips at 90 degrees (or slightly greater)		
Knees at 90 degrees (or slightly greater)		
Feet flat on floor or on footrest		
Upper back against chair (if not, pull chair in or move monitor closer)		
Lower back against chair (can use a small pillow or rolled up towel in small of back)		
No contact stress between legs and seatpan (two finger gap between edge and legs)		
No contact stress between arms or wrists and edge of desktop		
Mouse located beside keyboard, not away from keyboard		
Palm supports (wrist rests) being used correctly under heel of hand, not wrist		
Monitor at eye height		
Monitor at arm's length or slightly beyond (not too far to cause leaning forward)		
Dual monitors positioned tightly together, angled inward, and at same height		
I get up and move at least every hour		



Ahh... living the dream, working from the comfort of your home with your handy laptop! You can work, stream, chat, and do everything without leaving the couch.

Unfortunately, with the good, comes the bad.

Notebooks and laptops were designed to give the user the ability to input information when away from the office. Initially, their purpose was to be used for small entry tasks requiring short duration of input time. Striving to make them as portable as possible, designers have continually introduced smaller and lighter models.

This smaller size, along with the inability to independently position the screen and keyboard results in the individual compromising their typing and mousing posture or their head and neck position. Laptop keyboards are also more compact than regular computer keyboards. This presents wrist problems especially for men as even a regular sized keyboard often inhibits them due to their larger hand size and broader builds.

Short-term, infrequent use of laptops is not problematic (so go ahead, curl up on the couch with your dog and balance the laptop on a pillow) but if a laptop is being used in one location for extended periods of time, then it is not the right tool for the job.

If a laptop needs to be used in one location regularly for any length of time, consideration should be given to attaching a separate monitor, keyboard and mouse. This will help you achieving better posture and prevent those nagging aches and pains from showing up!