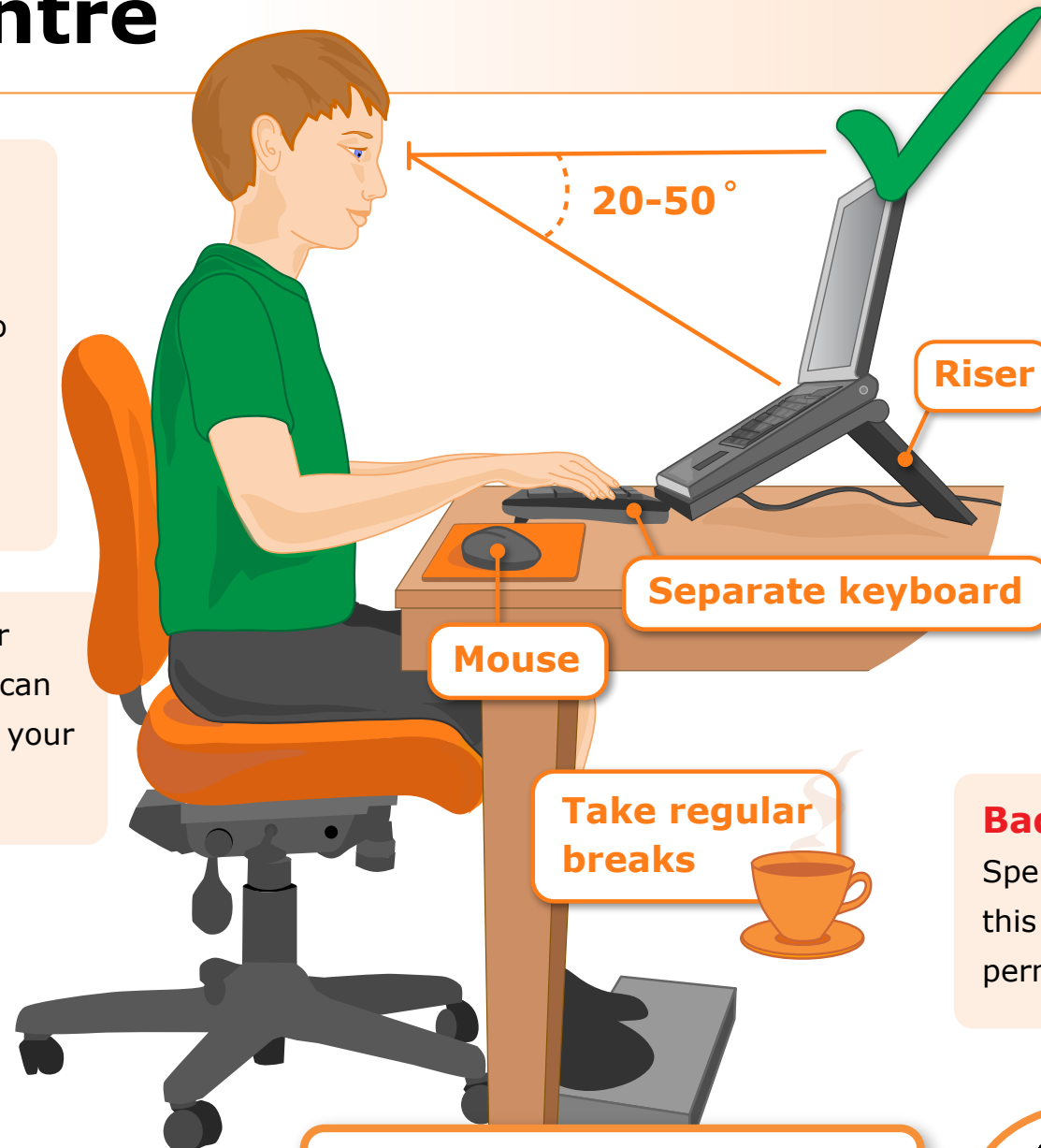




Long term laptop use

- 1 **Raise the monitor** to eye level with a laptop riser.
- 2 **Get an extra keyboard** - which is cheap and easy to replace and protects the laptop keyboard from accidental damage.
- 3 **Get a mouse and mouse mat.**

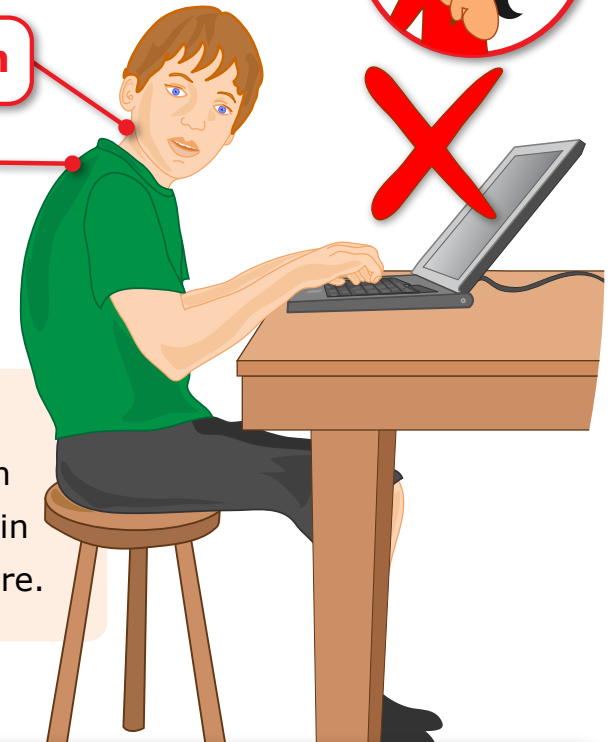


Back and neck pain - When we are concentrating on doing something we don't notice our posture - even when it causes us pain. We can even stop breathing and yet we need oxygen to think!



Neck strain

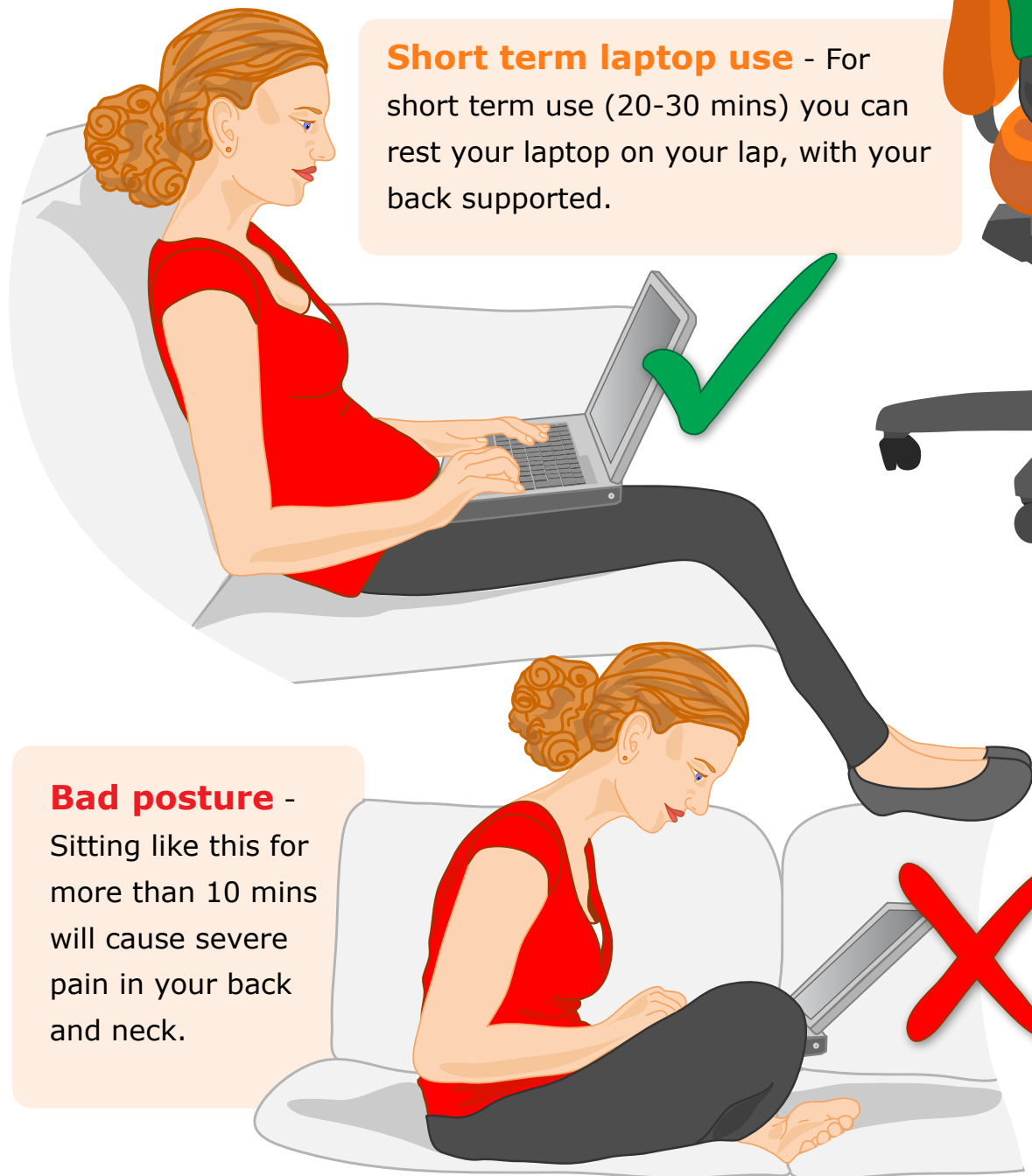
Curved upper back



Bad posture -

Spending lots of time in this position will result in permanently bad posture.

Short term laptop use - For short term use (20-30 mins) you can rest your laptop on your lap, with your back supported.



Bad posture -

Sitting like this for more than 10 mins will cause severe pain in your back and neck.



Learn to type

If you learn to type your hands will be positioned correctly:



Whereas single or three finger typing is not as good for you.

Learn to type!



Consider your wrists!

When using the keyboard, your wrists should be straight to avoid straining them:

