

WORKING FROM HOME



UNIVERSITY STUDENTS WITH LAPTOPS

Prevalence of Disorders among University Students Working with Laptops

63%
eye strain

75%
neck pain

65%
shoulder pain

Recommendations

- Take frequent movement and eye breaks
- Consistently do posture checks
- Change position throughout the day
- Keep physically active
- Consider environmental factors such as temperature and lighting
- Be attentive to any new or ongoing pain
- Have good positioning when working on laptop



CHAIR



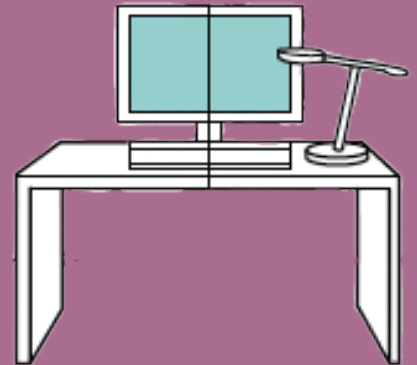
Considerations

- Lumbar support
- Feet on the ground
- Knees are at 90
- 2-3" of space between back of knees and chair.

Tips and Tricks

- Rolled up a towel for your lumbar
- Sit on a cushion to raise your height
- Create a footrest out of a book or box.

DESK



Considerations

- Working surface between top of thigh and underside of forearm.
- Space underneath to switch leg positions

Tips and Tricks

- Books/risers under table legs
- Book/riser on top of table
- Change the chair height
- Buy a desk that fits

Considerations

- Your screen is eye level
- Your keyboard is at elbow height
- Eyestrain is minimized
- Avoid extensive use of a trackpad

Tips and Tricks

- Use household items to prop your laptop up on a surface
- Attach a mouse and keyboard
- Adjust your laptop settings to optimize brightness, text size and contrast

LAPTOP



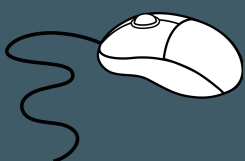
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Tips and Tricks

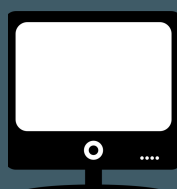
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INPUT DEVICES



Mouse

- Does the mouse fit your hand?
- Does your mousepad create drag or pressure points?
- Do you have to reach outside of your base of support to use your mouse?
- Is your hand in a natural position?



Screen

- Is your screen eye level?
- Are you taking steps to reduce glare in your environment?
- Have you looked through the screen settings to optimize brightness and reduce glare?
- Is your screen big enough?



Keyboard

- Is the keyboard too big or too small?
- Is your keyboard setup for your dominant hand?
- Does it fit appropriately in your workspace?
- Do you know about hotkeys and use them?

References