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

**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.

**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

**References**


**INPUT DEVICES**

**LAPTOP**
- 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?

**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?

**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?

**SCREEN**
- Does the screen fit appropriately in your workspace?