

Laptop Ergonomics

Laptops and tablets are convenient, but are not ergonomically designed. The use of proper ergonomic principles and accessories can make them excellent mobile computing tools.

What's wrong with laptops and tablets?

- These devices have a fixed design in terms of monitor height, size and position, fixed and typically small keyboards, and awkward mousing options.
- These factors lead to users assuming very awkward postures of the back, neck and wrists. Eye fatigue is also a problem.
- Transporting these devices can lead to neck and shoulder discomfort.

Making laptops and tablets work for you

- Docking stations let laptop users enjoy the benefits of full-size peripherals, while preserving the unit's portability. These include full size mice, keyboards, and monitors set at the proper height and distance.
- Laptop stands, which also work for tablets, look like music stands. They enable the monitor to be raised to safer height. These are best used with ergonomically-designed peripheral keyboards and mice.
- When carrying laptops and tablets, do your back a favor. Use a backpack style bag or a bag with rollers.

Quick Take

- Laptops and tablet PCs are not inherently ergonomic, but with the use of ergonomically-designed peripherals they can be made much more comfortable.
- When carrying laptops and tablets, reduce pain by reducing the number of peripherals you carry. Use a backpack-style bag to reduce shoulder discomfort or use a laptop bag with rollers.
- For more information on this topic, contact Environmental Health and Radiation Safety at 215-707-2520.

