

User-Friendly Laptops

Top Tips To Limit Problems

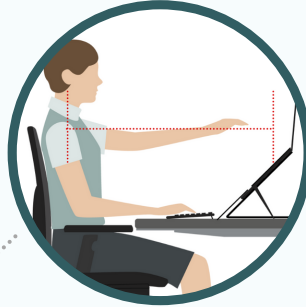
Arms relaxed by your side



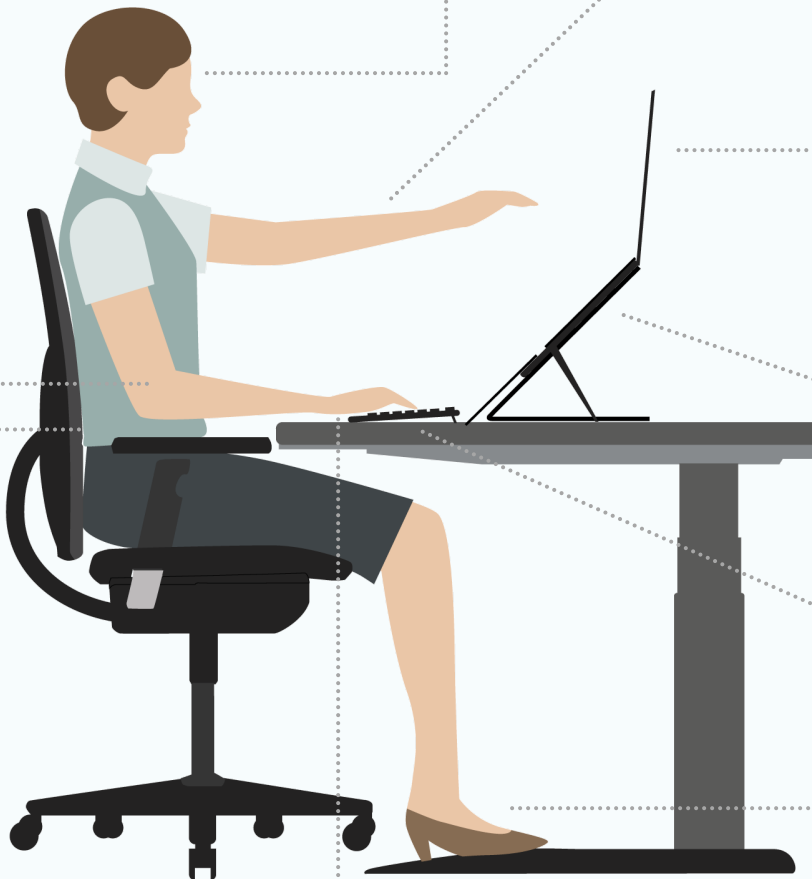
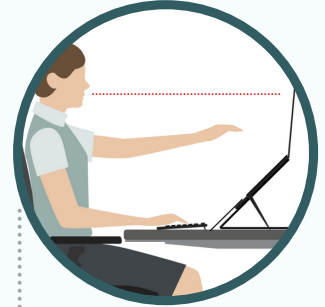
Balanced head, not leaning forward



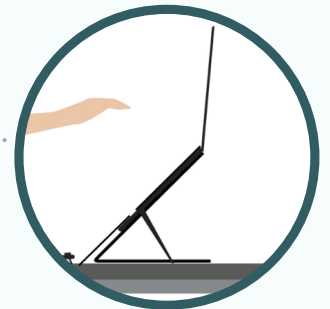
Screen approximately arms length from you



Top of screen, about eye level



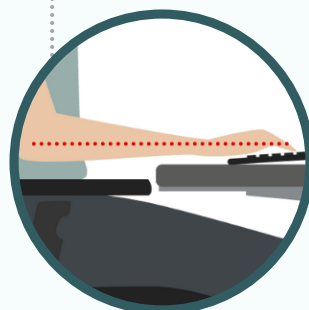
Use an adjustable laptop riser



Sit back in chair ensuring good back support



Forearms and wrist parallel to desk



Feet flat on floor or on a foot rest



Install a wireless keyboard and mouse

