Our laptops liberate us from the confines of our desks but they also introduce health and wellbeing risks of their own. You can reduce these risks and stay comfortable and productive by practicing good postures and forming healthy habits.

### Laptops are not inherently bad for us.
It’s how we use them that matters.

### DO
- Take regular breaks, wherever you choose to work.
- Use ergonomic equipment if you’re inputting for long periods.
- Enjoy the portability of your laptop and explore different environments.

### DON’T
- Stay in one position for too long.
- Slouch, slump, or head-hang.
- Ignore what your body might be trying to tell you.

### Good Posture
- Top of screen at eye level, an arm’s length away.
- Balanced head, not hanging forward.
- Forearms parallel to desk, relaxed by side.
- Sit back in chair for better back support.
- Space behind knees.
- Feet flat on floor.

### Bad Posture
- Neck strain – from head-hanging towards screen.
- Upper limb pain – from overuse of trackpad.
- Shoulder and back pain – from slouching.
- Sedentary – stiff and stuffy from lack of movement.

### Where should you use your laptop?
- **Desk**
  - Tasks to do here: Writing reports/essays, designing or drawing, inputting data.
  - Good Posture: Top of screen at eye level, an arm’s length away. Balanced head, not hanging forward. Forearms parallel to desk, relaxed by side. Sit back in chair for better back support. Space behind knees. Feet flat on floor.
  - Equipment needed: Laptop stand, mini keyboard, mouse.

- **On a sofa or armchair**
  - Tasks to do here: Watching webinars/videos, reading, online browsing.
  - Good Posture: Sits up straight, back supported. Upper limbs relaxed, not overusing trackpad.
  - Bad Posture: Sits forward, leaning into the screen. Upper limbs tensed, overusing trackpad.
  - What you need: Cushions for extra back support, a lap tray to prop up your laptop, a timer to remind you to get up.

- **On the go**
  - Tasks to do here: Proofing and editing, reading, online browsing, short emails.
  - Good Posture: Sits up straight, back supported. Upper limbs relaxed, not overusing trackpad.
  - Bad Posture: Sits forward, leaning into the screen. Upper limbs tensed, overusing trackpad.
  - What you need: Ergonomic laptop backpack, laptop stand, mouse, keyboard.

Find everything you need for an ergonomic laptop workstation at [https://www.posturite.co.uk/mobile-device-accessories/laptop-packs.html](https://www.posturite.co.uk/mobile-device-accessories/laptop-packs.html)