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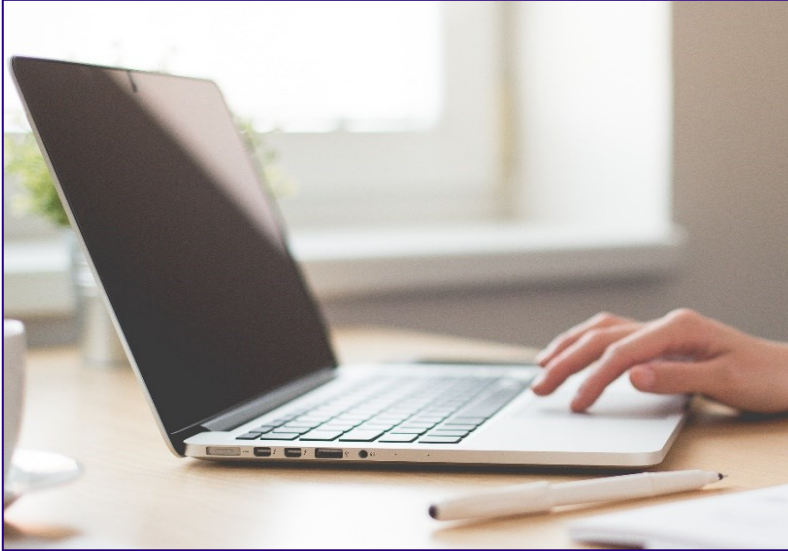
ErgoWorks Sdn Bhd
INDUSTRIAL & OCCUPATIONAL ERGONOMICS SOLUTIONS PROVIDER

ERGONOMICS GUIDANCE

Guideline for Prolonged Use of Laptop

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Effect of not setting up your laptop correctly

Laptop is a portable computer that you can bring with anywhere and use in different environment. Due to its compact form factor, it allows us to setup our 'office' anywhere, anytime.

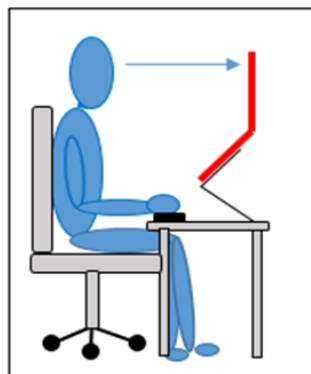
However, using laptop with incorrect setup in prolong period may cause body discomfort thus increasing the risk of developing Musculoskeletal Disorders (MSDs).

Tips for Ergonomic Workstation Setup for Prolonged Laptop User (>2 hours)



- 1 User's eye level should be aligned to top of the screen to allow for neutral neck posture. If the height of laptop screen is too low, use a laptop stand or riser to increase the height of the screen.
- 2 Low back should be upright and supported when using the laptop.
- 3 Shoulder should be relaxed, arms should be close to the body and bent at an angle between 90 and 120 degrees.
- 4 Attach external keyboard and mouse to improve shoulder and arm posture.
- 5 Take frequent breaks or stretch every 30 minutes.

Do we need laptop riser?



- Proper use of a laptop riser allows you to raise laptop screen to be at eye-level height, which promotes neutral neck posture.
- With proper placement of external keyboard and mouse, you can maintain neutral postures on low back and upper extremity.
- Proper setup can minimize your risk to pain and discomfort on the neck, lower back, and upper extremity when using laptop.