Appendix 11

POEL9F Working with laptops

Generally, it is not advisable to use laptops for extended periods of time.

An increase in agile working has resulted in more people working on laptops in various locations than ever before. But as the keyboard and screen are not separate, as with a traditional computer and monitor, it is difficult to find a good working posture. In order to prevent neck strain, you need to ensure that the top of your screen is roughly at eye level, so if you are going to be working at a laptop for prolonged periods of time, the screen needs to be raised in order to achieve a good head position. Generally, therefore, it is not advisable to use your laptop for long periods of time without suitable adaptations, such as using a laptop riser.

What you can do

- Ideally, use a laptop riser, which can be ordered from the core stationery list: http://www.lincolnshire.gov.uk/procurement/existing-contracts-register/core-office-supplies-list/118919.article
- To prevent eye strain, ensure your laptop screen is positioned roughly one arms' length away from you.
- To prevent neck strain, ensure that the top of your laptop screen is positioned roughly at eye level.

Additional resources

Laptop helpful hints for use with mini keyboards (PDF, 654K)

Laptop helpful hints for use with standard keyboards (PDF, 654K)

Laptop workstation setup