

# Using Laptops and Computers Safely



Laptop use is a major source of musculoskeletal problems, giving rise to neck, back, arm, wrist and hand problems.

Laptop screens are too low for comfort, so the neck and back bend forward.

To see clearly, the laptop may be pushed away, so arms reach forward, causing shoulder pain.

The surface being used may be too high, so shoulders are raised, wrists are bent, and/or arms reach forward, all of which can cause strain and pain.



The problems associated with laptop use can be reduced by using a separate keyboard and mouse, and raising the screen.

You can buy mini, folding or travel keyboards.

There are even folding mice!

You can buy a (folding) stand for the laptop – or put it on a couple of books to raise the screen so the top is just below eye level (or a little lower if you can't touch type).

Try to sit so your wrists and elbows are on the same level, forearms clear of the desk, without reaching forward.

Whatever laptop or computer you use, remember to **take a short break every hour!** Sitting still for long periods of time causes the circulation to slow down, so less oxygen goes to the brain, bodies get stiff, and focussing (which uses eye muscles) becomes more difficult.

## Want to learn more?

Book a place on the workshop “Safe Posture and Avoiding RSI” using the Training and Development System <https://apps.lse.ac.uk/training-system/>

Dates in Michaelmas Term:

23 October 2012	13:00-14:00
15 November 2012	12:00-14:00
11 December 2012	13:00-14:00