

## Ergonomic Tips for Students Who Use Notebook Computers

### Notebook Screen

- Elevate your notebook computer monitor using a riser and position it directly in front of you, at about an arms length away. The top third of the screen should be at or slightly below eye level. This will help to decrease visual discomfort, which will decrease worker fatigue and increase productivity.
- Position the notebook screen perpendicular to the window, if there is one. This will help to avoid glare on the screen and as a result reduce visual discomfort.

### Keyboards

- Use an external keyboard, and make sure the keys do not stick or need excessive force to operate.
- Position your external keyboard at elbow height.
- Do not use a wrist rest. Research suggests that using a wrist rest doubles the pressure inside the carpal tunnel because the floor of the carpal tunnel is a more flexible ligament that transmits external pressures directly into the carpal tunnel.
- Place your arms and elbows close to your body when typing and maintain your wrists in a neutral position.

### Mouse

- Use an external mouse instead of the touchpad.
- Make sure the mouse is at the same level as the keyboard and kept close to the keyboard.

### Desk

- Keep your desk area clear so that your mouse can move freely and your notebook computer and keyboard are placed at comfortable positions.

## Chair

- Sit in a chair with lower back support, armrests, and an adjustable seat depth and height. This will give you a more comfortable posture that fits your body in relation to your desk.
- When seated, your knees should be at an angle greater than 90° and the bottoms of your feet should reach the floor or footrest.

## Floor/Bed

- When sitting on your bed or floor, use pillows, blankets, or rolled towels to provide support for your back and arms.
- Add or adjust lighting without producing glare.

## Rest Breaks

- Take a 30-second rest break every 20 minutes.

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