



Getting Along with Your Laptop ... in the office

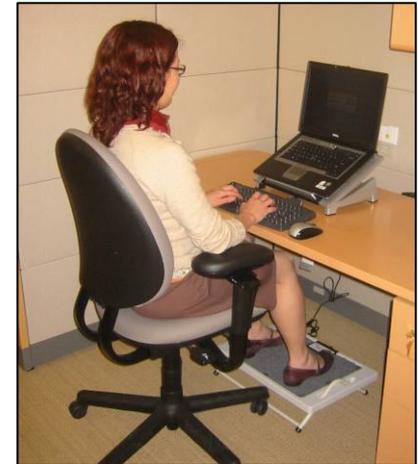


The attached laptop screen & keyboard means you can't align the display with your eyes and the keyboard and mouse with your hands/forearms

Before...



... After



*Options: Use a laptop riser or an external monitor to raise the screen closer to eye level
If desk is too high, use a keyboard tray or raise the chair and use a footrest
Use an external keyboard and mouse whenever possible!*

For more information, contact the Ergo Team x6848 or ergo@lbl.gov