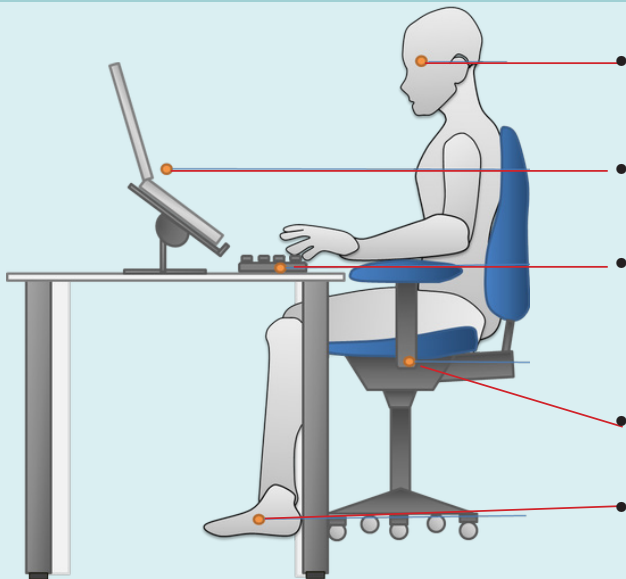
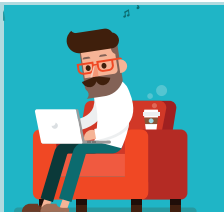


# USING A LAPTOP AT HOME.



- Place the laptop on a docking station or elevate the laptop to eye level with a stand or stack of books.
- Bring the laptop close enough to see without tilting your head forward.
- Plug in an external keyboard and mouse to your laptop. Or ensure your laptop is close enough to you so that your arms remain at a 90 degree angle and you do not have to hunch over to see the screen.
- Support neutral elbow posture with armrests or cushions. Use a rolled up towel to add lumbar support, if needed.
- Ensure your feet are flat on the floor or use a footrest, if necessary.



Avoid using your laptop on your lap or in bed as this can put extra pressure on your neck and back.



Take a movement break every hour and vision breaks every 30 minutes.

