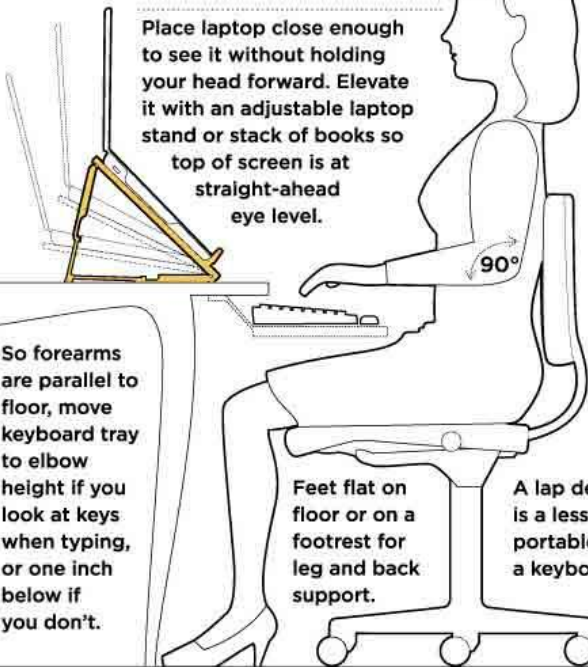
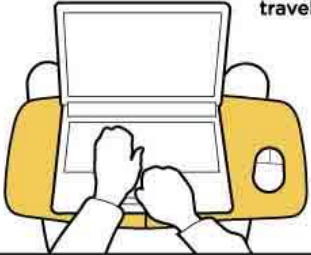

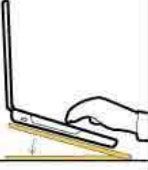


Alternate sit and stand work stations.

Ergonomically Correct Laptop-using Posture

Laptop Ergonomics for Desk and Travel		Make laptop computing safer and more comfortable with these tips for reducing hassles, hazards and heat buildup.	
AT WORK OR HOME			
<p>Attach a separate keyboard and mouse and place both on a keyboard tray.</p>  <p>Place laptop close enough to see it without holding your head forward. Elevate it with an adjustable laptop stand or stack of books so top of screen is at straight-ahead eye level.</p> <p>The goal is to relax neck, shoulders, arms and hands when typing and mousing.</p> <p>Sit back in chair with head directly over relaxed shoulders. Be sure to support lower back.</p> <p>So forearms are parallel to floor, move keyboard tray to elbow height if you look at keys when typing, or one inch below if you don't.</p> <p>Feet flat on floor or on a footrest for leg and back support.</p> <p>A lap desk across the lap is a less expensive and portable alternative to a keyboard tray.</p>			
		WHEN TRAVELING & NOT USING DESK	
		<p>A lightweight lap desk across the knees improves posture, and folds to fit in a laptop backpack for easy traveling.</p> 	
		<p>A wide lap span (20" or more) allows knees to relax, minimizing strain on shoulders, neck, back and arms.</p> <p>Reduce heat build-up and prevent lap burn with platform that lets heat escape from under computer.</p> 	
		WHEN TRAVELING AND USING A DESK	
		 <p>When a separate keyboard is impractical, a portable stand inclines laptop so arms and elbows hang relaxed at sides to reduce back and shoulder strain.</p>	
<small>SOURCED BY SALLY A. LONGYEAR, CIE, MPH (WWW.WORKING-WELL.ORG) AND LAPWORKS (WWW.LAPWORKS.NET)</small>			

Alternate sit and stand work stations.

1) Click your height

5'1" 5'2" 5'3" 5'4" 5'5" 5'6" 5'7" 5'8" 5'9" 5'10" 5'11" 6'0" 6'1" 6'2" 6'3" 6'4"

2) Note values displayed below (measured in inches, or switch to [metric](#))

