

Prevent Pain when using a Laptop (when a Large PC Monitor is not available)



Having the laptop on your lap can cause pain in your neck and back



Leaning forward to see the laptop screen can cause pain in your neck and back



Take the lap top off your lap
Raise the screen height



Consider a laptop stand with
Wireless keyboard and mouse



Elbows slightly above the table surface
Wrists in neutral position



CORRECT AND INCORRECT SITTING POSITION

Choose a supportive chair
Feet firmly on the floor
Back well supported



Glare from over head lights and windows can cause eye strain.

REDUCE GLARE



Tilt the screen.
Position the screen at right angles to window.
Use window shades.
Reduce lighting levels on overhead lights.



20-20-20 Rule
Look away from the computer screen every
20 minutes
20 feet away for
20 seconds

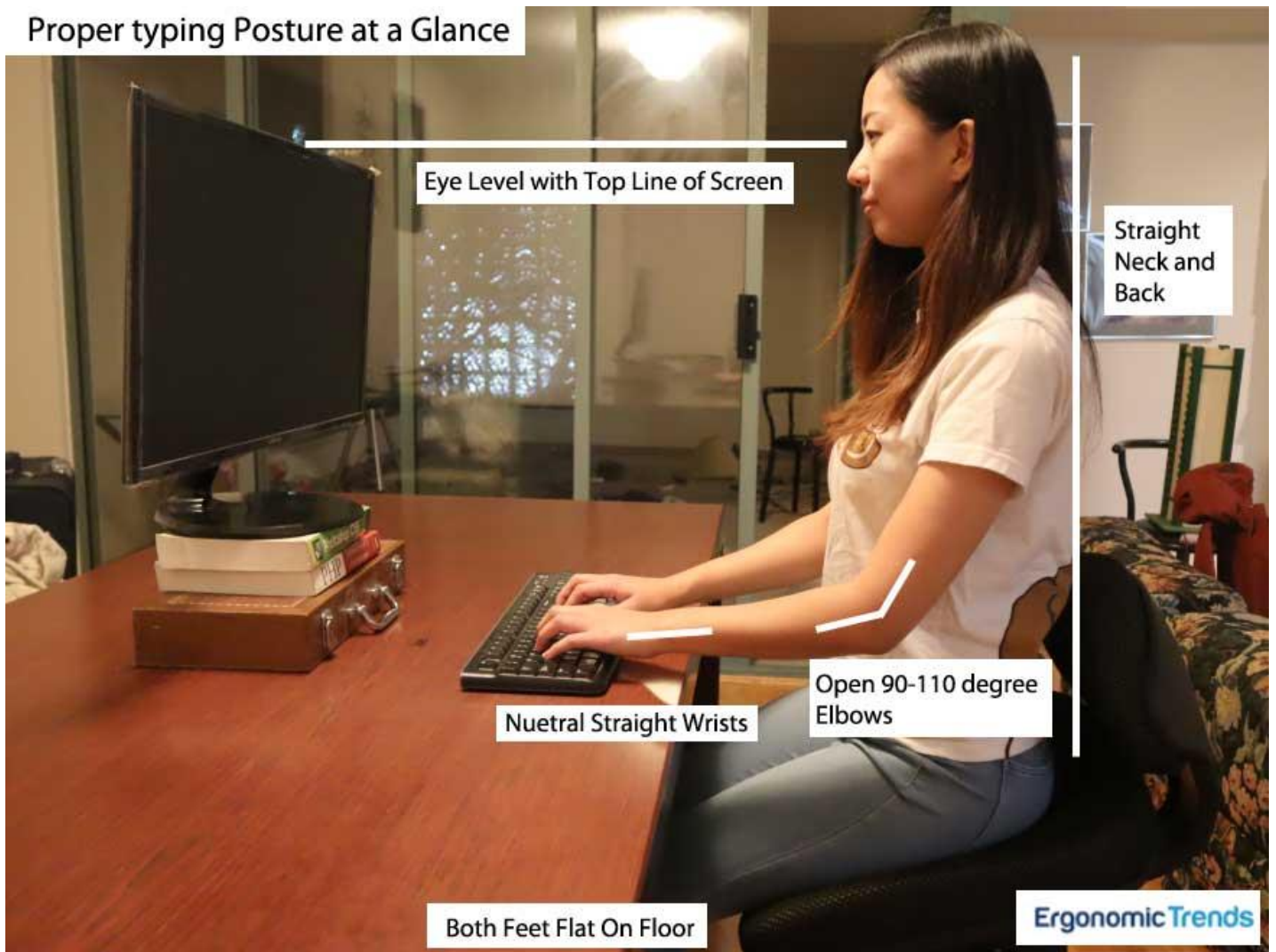


Open and close your eyes rapidly for a few seconds.
This refreshes the tear film and clears dust from the eye surface.



Take regular breaks every 30 – 60 minutes stretch, stand up, move around, get a beverage, take a lap around the office, chat with a friend

Proper typing Posture at a Glance



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