


LAPTOP USE WHILE SEATED

-AVOID SHOULDER AND NECK DISCOMFORT-

Place laptop onto a durable surface that may allow the top of the screen to be at eye level

- Cardboard box
- Upside down laundry basket
- Plastic storage bins
- Small step stool

Use an external keyboard to allow typing from an ideal height

- Bluetooth 
- USB wired
- USB wireless



Remember!

- A thinner keyboard is preferred - there is no need to use the stand tabs folded underneath the keyboard
- Choose a table-chair combination that allows room for your legs to be positioned underneath the table - this will allow you to sit close enough for your arms to rest upon the table surface while keyboarding
- There are affordable options for external keyboards!
- Use curbside pickup at stores (Best Buy-Staples-Target-Walmart) to avoid long shipment periods

