

LAPTOP USE WHILE STANDING

-AVOID SHOULDER AND NECK DISCOMFORT-


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

Use a smaller durable surface to elevate the keyboard from the table surface.

- Shoe box
- board game box
- Textbook

- 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!

- Keep standing work sessions to around 15-20 minutes (try not to exceed 30 minutes)
- Wear shoes or stand on a floor mat (avoid standing on hard surfaces)
- The keyboard should be elevated enough to allow your elbows to be positioned slightly wider than 90 degrees.
- Great surfaces for this setup are on taller accent tables or counters (breakfast bar) within kitchen areas

