

Healthy laptop use

❌ Common laptop habits with detrimental health effects

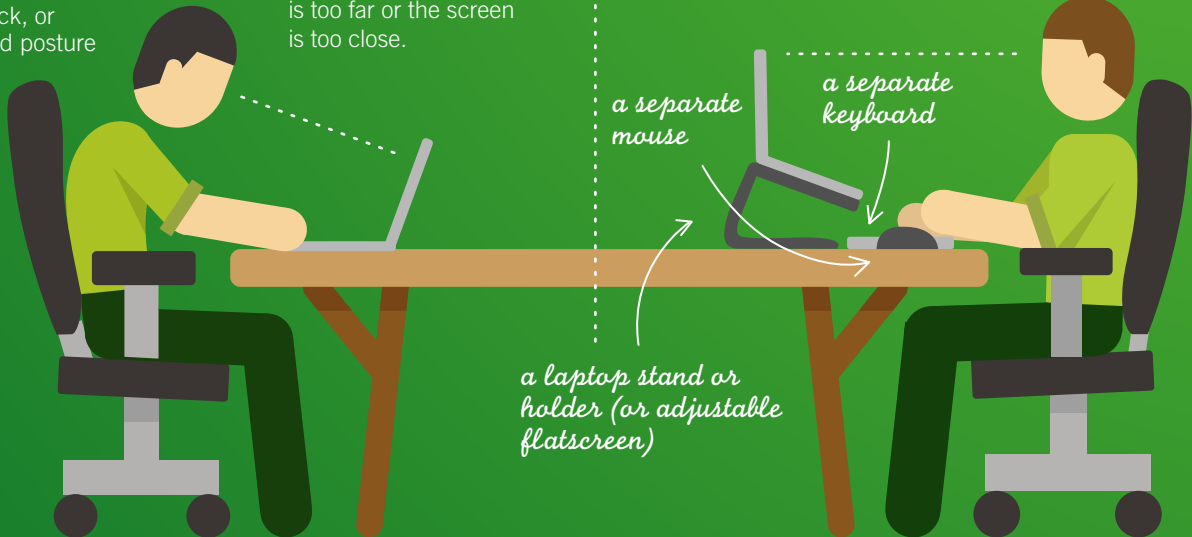
Screen is positioned too low.

Result:

- hunched neck and back, or
- slumped posture

Screen and keyboard are connected.

Result: the keyboard is too far or the screen is too close.



✅ How to implement healthy laptop habits

Are you using a laptop for more than 2 hours a day? Then make sure you are using the right tools.

Healthy tablet use

❌ Health risks

neck pain



wrist and arm pain

✅ Put less stress on your body

✅ When working in a standing position:

- use a lightweight protective cover
- use a digital pen
- add a rotatable grip to the back of the tablet

✅ When working in a sitting position:

- position the tablet at an angle
- use a separate tablet keyboard

✅ In the car:

- install a tablet stand or holder

