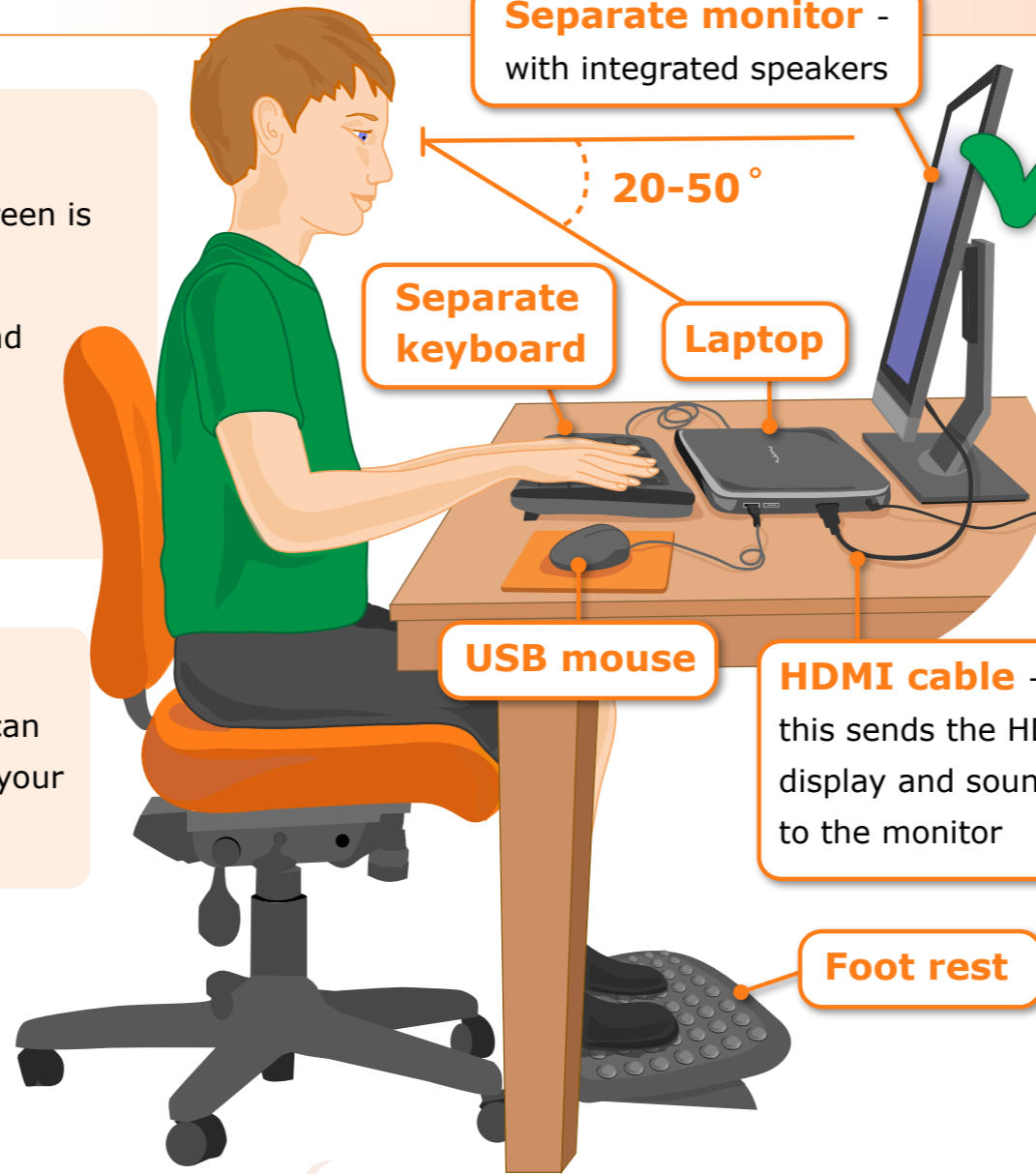


**Long term laptop use**

- 1 **Invest in a separate monitor** - a large screen is much easier to read!
- 2 **Get an extra keyboard** - which is cheap and easy to replace and protects the laptop keyboard from accidental damage
- 3 **Get a mouse and mouse mat**



**Back and neck pain** - When we are concentrating on doing something we don't notice our posture - even when it causes us pain. We can even stop breathing and yet we need oxygen to think!



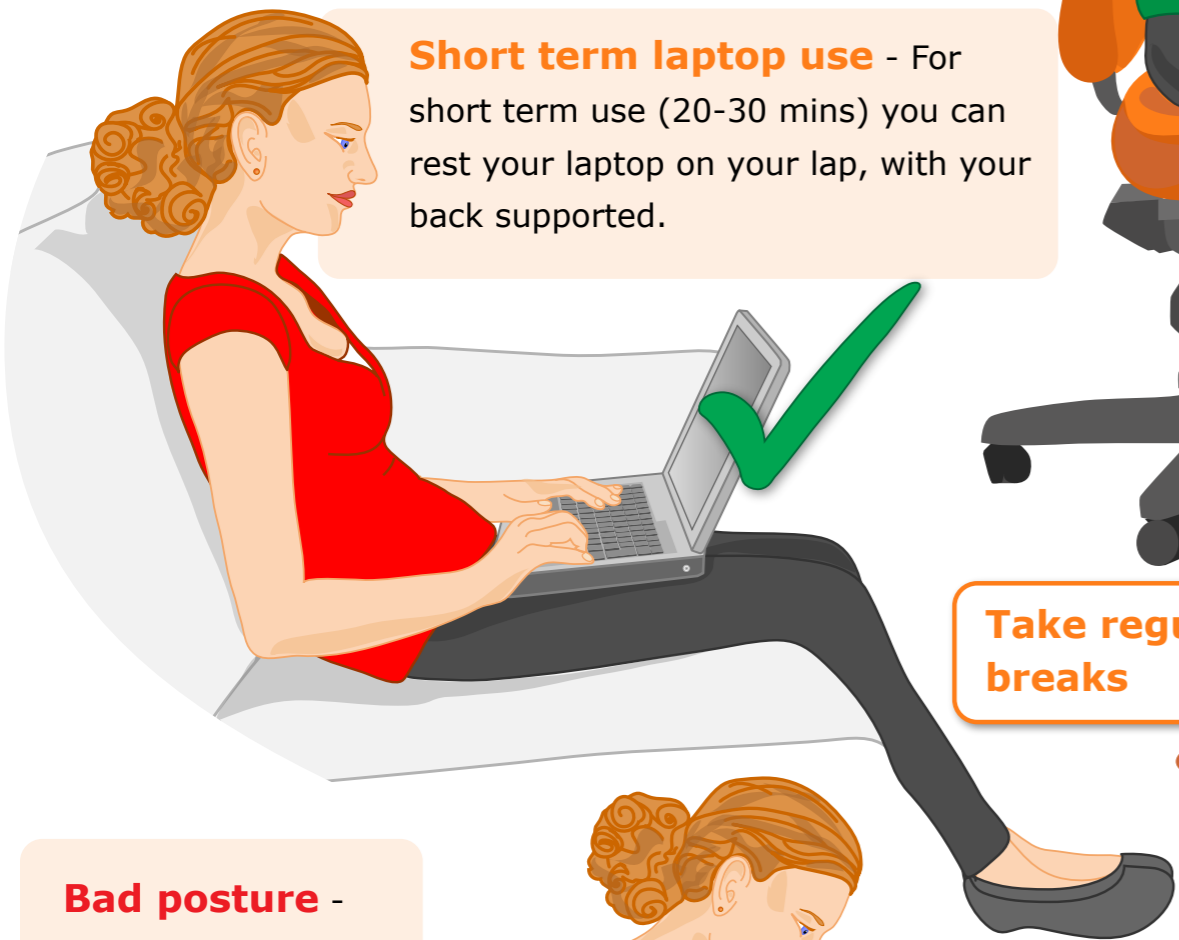
**Neck strain**

**Curved upper back**

**Bad posture** - Spending lots of time in this position will result in permanently bad posture.



**Short term laptop use** - For short term use (20-30 mins) you can rest your laptop on your lap, with your back supported.



**Take regular breaks**



**Learn to type**

If you learn to type your hands will be positioned correctly:



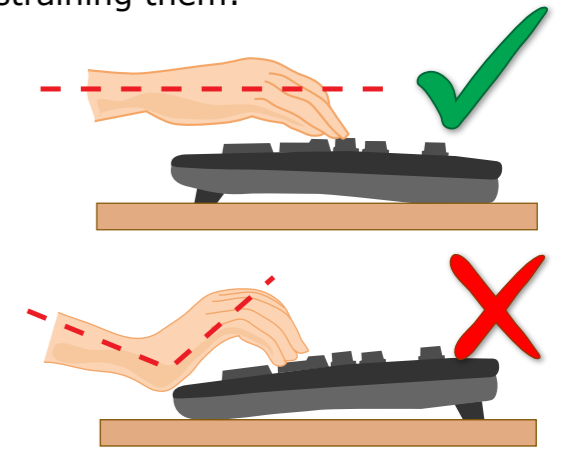
Whereas single or three finger typing is not as good for you.

Learn to type!



**Consider your wrists!**

When using the keyboard, your wrists should be straight to avoid straining them:



**Bad posture** - Sitting like this for more than 10 mins will cause severe pain in your back and neck.

