Ergonomic Tips for UC Berkeley Students

Setting Up & Using Your Laptop

SETTING UP YOUR LAPTOP

Long-Term Use (1+ hours)

- Maintain a neutral neck posture by placing the top of the screen at eye level.
- Use an external monitor, laptop stand, or place your laptop on a stable support surface, such as reams of paper or textbooks so that the screen height can be adjusted.
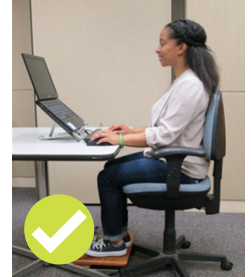
Short-Term Use (< 1 hour)

- Place the laptop on your lap to help keep your wrists straight while typing.
- Use a lap desk (rentable at Moffitt Library) to maintain an upright head posture.
- Use a chair that supports a comfortable upright/lightly reclined posture.
- Tilt the screen to maintain a neutral posture.

TRANSPORTING YOUR LAPTOP

Reduce the stress on your body when transporting your laptop across campus:

- Carry your laptop in a backpack with wide, padded shoulder straps.
- Switch hands or shoulders frequently when using a case with a handle or shoulder strap.
- Heavy backpack? Use the waist/hip belt if possible!

Lumbar (lower back) support is important! If possible, take a moment to find a balanced and comfortable position in each setting.

Long-term use: Use a separate keyboard and mouse if available. If needed, find items your feet can rest on top of and feel supported.
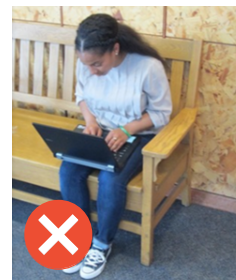
Short-term use: Try to keep an upright posture as much as possible. Avoid hunching your shoulders or leaning your body forward!

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