



Creating a good ergonomic working environment is important to protecting your health.

Laptops are becoming increasingly powerful and a credible alternative to desktop PCs. It is predicted that by 2007, 50% of all PC users will be using a laptop – and often as their primary PC.

However, laptop use demands an entirely new approach to comfort, well being and efficiency.

Ergonomic Research shows that there is a right and wrong way to use a laptop:

"Position this on your desk in front of you so that you can see the screen without bending your neck. This may require that you elevate the laptop off the desk surface using a stable support surface, such as a computer monitor pedestal."

CDC (Center of Disease Control)

"...attach an external mouse instead of using the small constricted touchpad or trackball"

CDC (Center of Disease Control)

"...use a separate keyboard and mouse."

Cornell University Ergonomics

"Position (the laptop) on your desk in front of you so that you can see the screen without bending your neck."

Cornell University Ergonomics

Ergonomic document placement



Traditional document placement



Ergonomic laptop placement



Traditional laptop placement





Are you using your laptop correctly?

Is your laptop screen directly in front of you?

You should not have to twist your body or neck to view the monitor - this will put undue strain on one side of your body. The Targus Ergo M-Pro and D-Pro Laptop Stands enable you to position your laptop directly in front of you – no matter where you are.

Additionally, their integrated in-line document holders allow you to view documents in line with your laptop screen; avoiding the need to twist and turn to refer to any documentation you are working on. This also leads to an improvement in productivity of 17%, according to research by UMEA University of Sweden.



Are your eyes level with the top of the laptop screen?

You should be looking slightly down on the centre of the laptop screen. You should not have to lean your head back to view the top of the monitor. You should not be looking down too much either; if your screen is too low, raise it up. The Targus Ergo M-Pro and D-Pro Laptop Stand allows you to work more comfortably by positioning your laptop at the most appropriate level.



Can you adjust the height of your laptop screen should you need to?

Use an ergonomic tool such as the Targus Ergo M-Pro or Ergo D-Pro Laptop Stand to adjust your laptop screen to the right level.

Do you find yourself leaning towards your laptop screen when working?

If so, it may be too far away; or, more likely, your sitting position is incorrect. One common problem is not being able to push the front of your chair under your desk. If you can't, then you may be leaning forward to compensate.

If you need to type from a paper document, do you have a document holder (copy stand) in the same line of sight as your laptop screen?

The Targus Ergo M-Pro and Ergo D-Pro systems allow you to place documents directly in front of you, in your line of sight between your keyboard and screen. This means you do not have to twist your neck or lean forward to read the document, and you can retain the same posture all the time.



IMPORTANT NOTE: If you don't have the right ergonomic tools to help you do your job, please talk to your Health & Safety Officer, your HR representative or IT department. Your employers are legally obliged to provide suitable equipment to help you in your work. If they do not take reasonable steps to help you and reduce your risk of work-related injuries such as Repetitive Strain Injury (RSI), they are breaking the law.

Further ergonomic working tips

Are your feet placed flat and firm on the floor?

Your feet should be supported - if they are not at all, or if just your toes reach the floor, it will affect your whole posture adversely. If necessary, you should be able to lower your chair, or lean the seat of the chair forwards slightly.

If your feet do not rest firmly on the floor, do you have a footrest instead?

If you are using a particularly high chair, a footrest enabling your feet to rest firmly will help keep your posture correct.





Are your thighs (upper legs) supported by your chair?

This will help keep your posture correct. Your thighs should be horizontal or sloping downwards slightly.

Is your lower back supported by your chair?

The backrest of your chair should support your lower back while at your desk. This allows you to relax while maintaining the correct posture. The backrest of your chair should not give and lean back separately from the seat of the chair - if you do wish to lean back and relax, the seat and backrest should lean back together from a joint beneath your seat.



Do your arms hang loosely from your shoulders while working?

Hunching up your shoulders will increase the risk of neck and upper arm strain. You should be able to relax your shoulders while working and let your arms hang loosely. If you can't, this may be due to your desk being too high, or your armrests too high; make sure you can adjust the height of your armrests.

Are your forearms horizontal while working?

If not, your desk or chair may be at inappropriate heights. If your posture is correct as determined by the above questions, but you are reaching up or down to the desk, then consider using a desk of the correct height (some desks are adjustable).

Are your elbows at your sides and at right angles?

If your elbows are in front of you, then your keyboard is too far away. Try moving the keyboard towards you, or move your chair further under the desk. If your chair does not roll under the desk due to armrests, consider removing them; you should not rest your elbows on the armrests while working anyway. They are of some benefit for resting, but you should not rely on them to support your arms.

Is your chair adjustable for height?

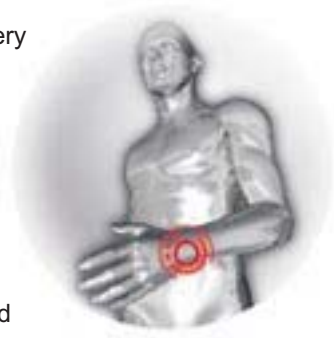
If you are working at a desk, you must have an adjustable chair; height adjustment is the most basic and critical of adjustments. Everybody is of a different height and shape and so workstation adjustment is very important.

Is your mouse near to your keyboard and at the same height?

You should not have to reach out to the mouse any further than to the keyboard - if you do, you will change your whole posture every time you switch between them.

Are your wrists in neutral positions while typing and using the mouse?

Neutral wrist positions are very important in reducing the risk of repetitive strain injuries. If your wrists are resting on the table or a wrist rest while typing, try lifting them up slightly; this will give neutral vertical positions, which may feel odd for a while, but will help enormously in reducing strain. If your wrists are bent



outwards horizontally, consider obtaining a split ergonomic keyboard, which will allow neutral wrist positions horizontally. The same neutral wrist principles apply while using the mouse.

Do your wrists lean on anything while typing or using the mouse?

Wrist rests may be leant on while not typing but will not benefit you while you are actually using the keyboard or mouse.



Is your keyboard resting on a surface the same height as your elbows?

If the surface is higher or lower, your forearms will be at an angle; this will mean your wrists may be bent and not in a neutral position.

Invest in your health... invest in the right ergonomic tools

Recent research shows that using an ergonomically designed laptop stand results in significant improvement in body posture, more comfort, less musculo-skeletal pain and injuries and higher productivity.

Targus Laptop Workspace Range is designed to alleviate the aches and strains from using a laptop as a primary PC.

Targus offers two laptop stand systems: the **Targus Ergo D-Pro** equips a laptop to become a complete desktop computer replacement and the **Targus Ergo M-Pro** is a lighter weight, portable solution for mobile users. In addition, Targus provides a whole host of peripherals to fully equip your laptop users for more comfortable and effective working, including external keyboards and mice to work in conjunction with these laptop stands, Mobile Docking Stations, USB multi port Hubs, power adapters and much, much more.

At just £69.99 SRP (ex VAT) for a Targus Ergo D-Pro and £49.99 SRP (ex VAT) for the Targus Ergo M-Pro system... it is a small price to pay for your longterm health and wellbeing.

Contact Targus today to find out more or to arrange a demonstration at your place of work.

Website: www.targus-ergonomic-solutions.com

