

SMART HEALTH SCHOOL PROGRAM

Laptop setup is crucial for our growing children



Laptops have become the mobile I.T. device of choice for students in many secondary and primary schools. They are convenient, powerful and very cost effective. However, laptops just do not encourage ideal working postures.

From my experience as a parent of school-aged children and as a physiotherapist working in schools and in many workplaces, various positions are adopted by people of all ages when using laptops. These include sitting at a desk, sitting slumped on the floor, hunched over the kitchen table, laying on the bed and many other locations.

These positions are not ideal for our body and laptops being used without any external devices do not encourage the best body postures. Having the keyboard attached to the screen means using a laptop on a desk/table or placed on the user's lap (i.e. when they are sitting on the couch or bed) means the screen will be too low. Using a laptop in this position will cause the user to look down which will in turn lead to a head down position, rounded shoulders and slumping through the trunk. This posture, especially if held for prolonged or repeated periods of time, is commonly associated with the development of neck pain, upper back pain, shoulder pain and head aches.

RECOMMENDATIONS

Always ensure correct ergonomic set up.

Use a laptop riser. We recommend that that the top third of the screen is at eye level.

Always use an external keyboard and external mouse set to the proper ergonomic height and position.

Alternate using the laptop, between sitting and standing positions.

Take regular breaks from being sedentary. Try to stretch and move at least every 30min.

All students that will be using a laptop regularly should participate in ergonomic training.



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For more information about the Smart Health School Program go to www.smarthealthtraining.com.au