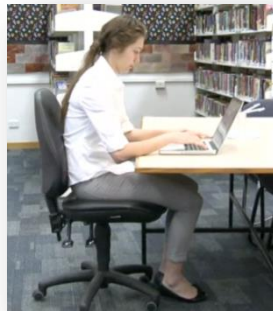


SMART HEALTH SCHOOL PROGRAM

How are you using your laptop at home? Think about what positions you are using your laptop in at home. Do these photos look familiar?



These positions are not ideal sitting postures to use laptops at home! Laptops are great devices in that they are mobile and allow us to carry them around and use them whenever needed. But using laptops in these positions encourages us to get into postures that are not ideal for our body. These include sitting at a desk, sitting slumped on the floor, hunched over the kitchen table, laying on the bed and couch. You can see from these pictures that 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**. Think about where and how you use your laptop at home. It does not cost a great deal of money to set your laptop up at home correctly. We have a few easy and cost effective alternatives that will encourage better body postures.

RECOMMENDATIONS

- We always encourage the user to use an external keyboard and external mouse.
- Use a box as a laptop riser to raise the height of your screen
- Create your own standup workstation. We created one using a small table from Ikea and attached a small shelf with brackets for the keyboard.

