

# Laptop Helpful Hints

For good laptop use with mini keyboards

Arms relaxed by your side

Balanced head, not leaning forward

Screen approximately arms length from you

Top of screen about eye level

Always remember to move throughout your working day to promote good health.

Sit back in chair ensuring good back support

Forearms parallel to desk

Feet flat on floor or on a foot rest

Space behind knee

[www.posturite.co.uk](http://www.posturite.co.uk)