Laptops and tablets are convenient, but are not ergonomically designed. The use of proper ergonomic principles and accessories can make them excellent mobile computing tools.

**What’s wrong with laptops and tablets?**

- These devices have a fixed design in terms of monitor height, size and position, fixed and typically small keyboards, and awkward mousing options.
- These factors lead to users assuming very awkward postures of the back, neck and wrists. Eye fatigue is also a problem.
- Transporting these devices can lead to neck and shoulder discomfort.

**Making laptops and tablets work for you**

- Docking stations let laptop users enjoy the benefits of full-size peripherals, while preserving the unit’s portability. These include full size mice, keyboards, and monitors set at the proper height and distance.
- Laptop stands, which also work for tablets, look like music stands. They enable the monitor to be raised to safer height. These are best used with ergonomically-designed peripheral keyboards and mice.
- When carrying laptops and tablets, do your back a favor. Use a backpack style bag or a bag with rollers.

**Quick Take**

- Laptops and tablet PCs are not inherently ergonomic, but with the use of ergonomically-designed peripherals they can be made much more comfortable.
- When carrying laptops and tablets, reduce pain by reducing the number of peripherals you carry. Use a backpack-style bag to reduce shoulder discomfort or use a laptop bag with rollers.
- For more information on this topic, contact Environmental Health and Radiation Safety at 215-707-2520.