



LAPTOP STANDS



Laptop users adopt the 'Chin Poke' posture.

Laptops are not designed for prolonged, permanent use at a DSE workstation as the fact that the screen cannot be separated from the keyboard means that the screen is necessarily too low and forces a sub-optimal, bent forward or 'Chin Poke' posture.

Laptop users are covered by the same standards as desktop users if they use their laptops for prolonged periods and/or for a significant part of their role. This means that: "The keyboard shall be tiltable and separate from the screen so as to allow the operator or user to find a comfortable working position...". Inevitably the user will position the keyboard at a position on a work surface that is comfortable for the arms, leaving the screen positioned too low, and the adoption of the aforementioned harmful postures. Herein lies the primary hazard of laptop use.

In order to address this, when using a laptop for any significant period of time, it should be 'docked'. That is, connected to a separate screen and utilising a separate mouse and keyboard. Alternatively, the laptop can be raised so that the screen can be used at a comfortable height. A separate mouse and keyboard will still necessarily be required.



Purchasing a laptop stand

A laptop stand is NOT a necessity, as clearly, it would be easy enough to raise the laptop using a box, basket or other suitable item available, so why purchase a laptop stand?

- Aesthetics
- Space efficiency
- Portability.

These features also largely dictate the quality and cost of laptop stands with cheaper options being less aesthetically pleasing; taking up a larger desktop footprint and are often heavier and bulky. Other, important features to consider are:

- The size of the stand
- The stability
- The height and angle of adjustment available.

The size will dictate the size of laptop that it can accommodate; the importance of stability is obvious; the height range is important to ensure that it is possible to raise the screen to the correct height (top of the viewable screen at eye level) and is linked to the stature of the user and the angle of adjustment is related to the type of laptop, specifically the angle at which it can be opened up. Some laptops can open up to almost 180°, whereas others may only open up to around 120°. If the laptop does not open sufficiently, then when it is sat on the upper height settings of the stand, the screen will be tilted slightly towards the ground/desk, impacting image quality and encouraging a stooped posture.



Picture a.

Another, more recent challenge has been the emergence of the laptop/tablet hybrid devices such as the [Microsoft Surface Pro](#) and others that have a 'non-rigid' hinge for easy separation and where the keyboard/trackpad does not operate the screen once detached. These will not fit on standard laptop stands and instead will require a tablet stand. Some stands double as laptop and tablet holders.

On the following page is a list of some of the better stands available along with costs * and some notes. Note that this list is by no means exhaustive as this is a large market.

Screen does not open sufficiently so is tilted towards the ground.

* Approximate online list price at the time of writing. All of the laptops mentioned are available from several suppliers and costs vary. Further information on costs and on where stands might be sourced can be provided by contacting mail@zoinomics.com



Image	Company	Stand	Approximate Cost	Dimensions	Comments
	BakkerElkuizen	Ergo Q 260	£110	<ul style="list-style-type: none"> W: 230mm H: 7mm D: 310mm Weight: 390g Height range at back 9-21cm 	<ul style="list-style-type: none"> Light weight aluminium stand. Integrated inline document holder. Folds flat (7mm).
		Ergo Top 320 Circular	£75	<ul style="list-style-type: none"> W: 215mm H: 140mm D: 350mm Weight: 501g 	<ul style="list-style-type: none"> Sustainable laptop stand, made of recycled plastic bottles. Integrated inline document holder. Limited height range.
		Ergo Q Hybrid	£110	<ul style="list-style-type: none"> W: 215mm H: 140mm D: 350mm Weight: 501g 	<ul style="list-style-type: none"> 2 in 1 laptop/tablet stand. Designed with the Microsoft Surface Pro 4 in mind.
	Ergo Cafe	U Top Pro	£60	<ul style="list-style-type: none"> Weight: 250g 6 Height/angle settings from 32-48 degrees 	<ul style="list-style-type: none"> Very lightweight aluminium stand. Integrated inline document holder. Folds flat (5mm).
		Uprise	£65	<ul style="list-style-type: none"> W: 250mm D: 338mm Weight: 330g. 9 height settings from c.14-24cm 	<ul style="list-style-type: none"> Lightweight aluminium stand. Folds flat (7mm). Flatter angle on top supports many devices, including laptops up to 17"
		TOI	£70	<ul style="list-style-type: none"> W: 160mm H: 26mm D: 322mm Weight: 210g. 5 Laptop angle settings. 	<ul style="list-style-type: none"> 2 in 1 laptop/tablet stand. Can accommodate up to 17" laptops as well as tablets and has storage for a small wireless keyboard and a mouse.



	Standivarius	Oryx Evo D	£55	<ul style="list-style-type: none"> • W: 308mm • D: 206mm • Weight: 220g 	<ul style="list-style-type: none"> • Very lightweight aluminium stand. • Integrated inline document holder. • Folds flat (2.5mm). • As well as the Evo D, there is also the Evo H, Evo E and Evo W, which are similar but have different sizes and height/angle range.
	Lavolta	Laptop Table	£40	<ul style="list-style-type: none"> • W: 420mm • D: 270mm • Height range up to 48cm 	<ul style="list-style-type: none"> • Robust folding laptop stable. • Good for working off a sofa or bed for short periods. • Large range of adjustment might even be used in standing. • Not very portable.
	Kensington	Easy Riser	£20	<ul style="list-style-type: none"> • Up to 50 degree tilt angle adjustment. 	<ul style="list-style-type: none"> • Foldable, plastic laptop stand. • Good basic stand.

