



LAPTOP USE



Laptop users adopt the 'Gollum' posture. In reference to the Lord of the Rings character

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 sub-optimal, bent forward postures.

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 the 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 placed on a laptop stand and the laptop screen used as the display screen. A separate mouse and keyboard will still necessarily be required.

Laptop 'kit' available at [Zoinomics.com](https://www.zoinomics.com)

