Laptop Helpful Hints
For good laptop use with standard keyboards

- Arms relaxed by your side
- Balanced head, not leaning forward
- Screen approximately arms length from you
- Top of screen about eye level
- Sit back in chair ensuring good back support
- Forearms parallel to desk
- Feet flat on floor or on a foot rest
- Space behind knee

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

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