



## Laptop/Notebook Workstation Examples of Inexpensive Office/Home Ergonomic Upgrades

By adding the following items (or inexpensive alternatives) to this workstation, it has become a more ergonomically correct station for work or home use.

- The Belkin USB 7-Port Hub (photo on right—right corner) allows you to connect with USB cables to your printer, keyboard, mouse, fan, camera, flash drive, etc. There are other devices available on the market such as docking stations and mini hubs. Whatever you buy, your goal is to set up a standard keyboard and mouse at the proper position for the comfort of the end user.
- Although you can purchase a monitor stacking system, practically anything can be used to raise a laptop's viewing screen to eye level: books, manuals, audio tapes, etc., make sure you have good ventilation between the resting surface and the notebook. Fire hazards can be avoided if you avoid highly combustible surfaces, such as beds and bedding, couches, etc. Batteries have been known to overheat and cause fire.
- Note that the document holder has been raised so that the document is also at eye level.
- To avoid prolonged use of the laptop's keyboard/mouse, which can be stressful on hands and arms, add a new or recycled keyboard and mouse along with a wrist rest pad to your work station as shown above (rest pad not shown). Align your keyboard with the viewing screen and place the mouse to your right or left at the same height as the keyboard.
- An optional fan (photo on right) keeps ventilation flowing to prevent the laptop from overheating. There are several products available (unit shown is a Targus 4-Port USB 2.0 Notebook Chill Hub). However, if a fan is not in your budget, something as simple as a pencil lodged between the laptop and the surface on which it sits, will keep air flowing. Never sit a laptop on your lap or on flammable products such as your bed or couch. Batteries have been known to overheat and create a fire hazard.
- An under-desk-keyboard/mouse-tray is a good investment and comes in different price ranges. Make certain you get one that is height adjustable with easy-to-adjust controls.
- You can either purchase a foot rest or use two recycled 3-ring binders (3"-4") as was done at this workstation (not shown).
- A fully adjustable computer task chair completes this workstation (not shown). Make certain you review manufacturer instructions for adjusting the chair.
- Please note that the above was set up for a IBM compatible home office notebook computer workstation. Always check for compatibility with your system.

Reference: OSHA etool at <http://www.osha.gov/SLTC/etools/computerworkstations/index.html>