



# Getting Along with Your Laptop ... in the office

*The attached screen & keyboard means you can't align the display with your eyes and the keyboard & mouse with your hands/arms.*

Before...



... After



*Options: Use a laptop riser or an external monitor to raise the screen closer to eye level  
If desk is too high, use a keyboard tray or raise the chair and use a footrest  
**Use an external keyboard and mouse whenever possible!***

For more information, contact the Ergo Team x5818 or [ergo@lbl.gov](mailto:ergo@lbl.gov)