

SAFETY ALERT

October 25, 2022

Ergonomic Tips for Laptop Use

Hazards: Repetitive Motion Injuries

Working directly on a laptop can pose safety risks since you may bend your neck unnaturally and have your hands and arms positioned awkwardly. Working directly on the laptop has resulted in several injuries at Berkeley Lab. Here is a link to some resources created by Berkeley Lab Ergo Team: [Practical Tips and Solutions for Laptop Users](#) and [Ergo Tips for Laptop Use](#)

The following are recommended if you use a laptop computer for more than 2 hours each day:

- Work with your Ergo Advocate/Supervisor to obtain accessories and equipment such as a **laptop stand, keyboard and mouse**.
- Submit a laptop ergo evaluation request at ergoeval.lbl.gov.
- Complete a formal telecommuting agreement if you work from home/travel more than 12 times per year. You can submit a telecommuting request at: [Telecommuting Resources](#)

Please contact ergo@lbl.gov for assistance if you are experiencing discomfort. If you have any questions regarding ergonomic issues in your work area, please contact the ETA Safety Manager, Ron Scholtz at X8137.

