Safer Use of Laptops

Laptops and other portable devices are a convenient way to stay connected to the world and as campus and the world become more wireless, we use them more and more.

But, extended use of laptops and other devices can be bad for your health. Here are some ways to lower the risk.

1. Consider if you need to use a laptop. Is there a computer at home or in an open-access lab on campus that you could use?

2. When using any computer, take regular breaks. Stop and relax for a few seconds every 10-15mins and get up and stand for at least 5 minutes every hour.

3. Use an external mouse if you have one. Small lightweight mouses and wireless ones are available relatively cheaply.

4. Place your laptop on a table and sit so you can comfortably reach the keyboard and see the screen. Don’t ever position your laptop on your lap.

5. If you’re going to use headphones, keep them at a low level to protect your ears. If you need to drown out the noise, find a quieter place rather than cranking up the music.