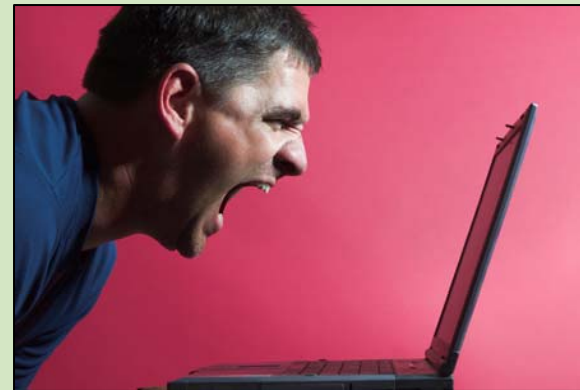
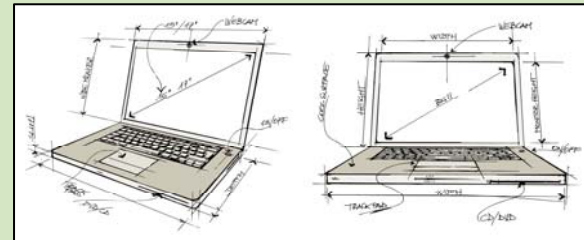


## July (7.1)

### In the beginning...

- In the late 1970's when laptops were being designed and becoming popular, design guidelines called on designers to separate the screen and the keyboard.
- So...it's now 25 years later and obviously that didn't happen!
- While laptops have changed where, when, and how we work as individuals and teams, they still contradict the golden rule of ergonomic design – “fit the work to the user”.
- A lack of built-in adjustability means the user must adapt and contort.
- I know we're supposed to be flexible at work but really, sometimes doesn't it just make you want to scream?



**Shortcut Tip** Fn + F7/F8, to decrease or increase the brightness of your laptop screen