

Month: July

Theme: Is your laptop a dream or a scream?

Overview: Laptops can be your best friend or a pain (literally).

- On the plus side – mobility, portability, and the option of 'working' while sitting on the beach! (Does anyone ever do this?)
- On the negative side – they break the golden rule of ergonomics.

Do you care? Should you care? Should your family care? This month, we'll crack open the case on laptops and take a look at our relationship with these friends (foes?).

### July (7.1)

#### In the beginning...

- Did you know that when laptops were initially being designed, there was a push to allow the keyboard and monitor to sit separately?
- What were they thinking?



### July (7.2)

#### Is your 'nose to the grindstone'?

- Since laptops don't adjust, we do.
- Do you see the problem?



### July (7.3)

#### Home sweet home...

- Maybe your laptop is set up right at work. How about at home?
- Since ergonomics isn't something we leave at work (right?), we'll take a look at how you and your family use laptops at home.



### July (7.4)

#### Laptop lotus land

- Here are a few accessories to make your home or office workstation an oasis.



ErgoRisk Management Group provides ergonomics tools, consulting and educational services to improve computer-based productivity and reduce risk of musculoskeletal disorder development.