

Using a Laptop? You Need a Laptop Kit

1. What is a laptop kit?

A laptop kit provides the essential equipment that you need to work on a laptop safely. The kit includes:

- A **monitor** or **laptop riser** to raise the top of the screen to eye height
- An external **keyboard and mouse** at elbow height
- **Cords**, adapters, and USB-hubs needed to connect the equipment to your laptop.

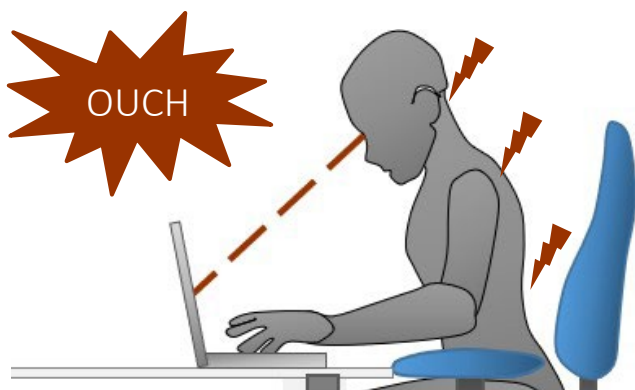


2. Why do I need to use a laptop kit?

Laptops are designed to be portable & easy to carry, but they can cause pain & lead to serious injuries & disabilities if not used safely.

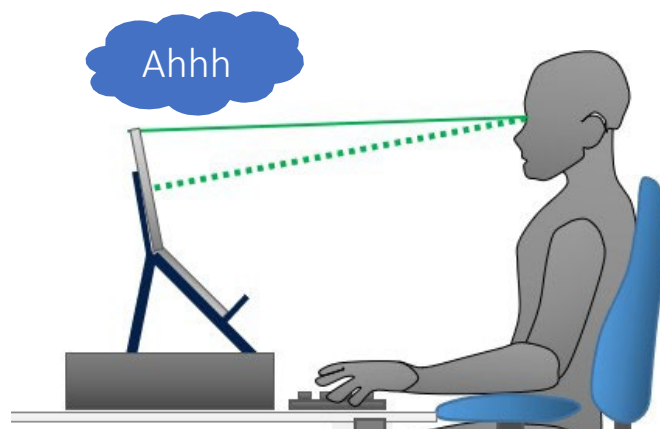
No Laptop Kit

Because the screen and keyboard area are so close together on a laptop, this leads to leaning forward to see the screen. The built-in touchpad causes wrists and shoulders to twist inwards.



With Laptop Kit

To work safely, raise the screen to eye height and use a keyboard and mouse at elbow height. Keeping the external mouse directly in front of your shoulder avoids awkward twisting and reaching.



3. Where do I get a laptop kit?

Review the [laptop kit info page](#) & contact [IT](#) to order monitors, basic keyboards and mice, monitors, cables, and adaptors.

For ergonomic keyboards and mice, and laptop stands, check the [ergonomics approved equipment list](#).