



Kensington®



The Ultimate Guide to Maximising Comfort for Laptop Users



Perfect for:

- Work from Home
- No Dedicated Workspace
- Flexible Office Workers

Top Five Reasons Why Working on a Laptop is a Problem



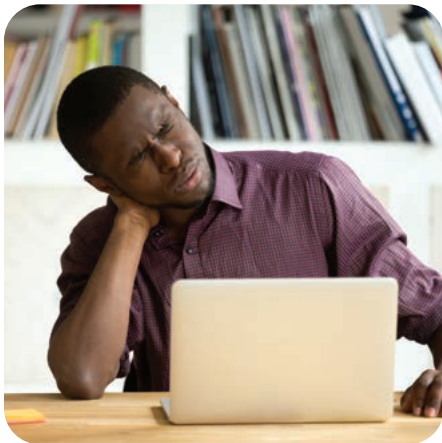
Posture

Too often, laptop users are hunched over their laptop. A setup where the body is not properly aligned could cause issues associated with bad posture, including fatigue; repetitive strain on the shoulders, upper back, and neck; and reduced productivity.



Repetitive Injury

Repetitive use of the laptop's keyboard and trackpad, improper alignment, and uneven surfaces can cause wrist strain and may even contribute to carpal tunnel syndrome.



Soreness and Muscle Fatigue

Often the result of poor posture associated with laptop use, sore muscles could lead to debilitating pains and long-term physical problems.



Eyestrain

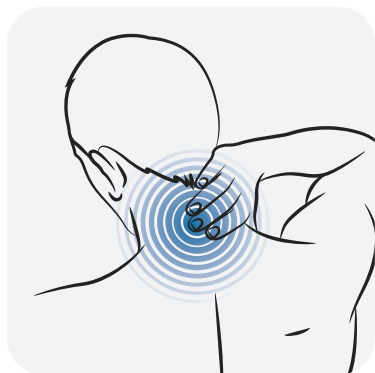
Because laptop screens are generally smaller than traditional desktop monitors, laptop users often have eyestrain, due to the close proximity to the screen and the blue light it emits. Eyestrain can lead to nearsightedness.



Heat Exposure

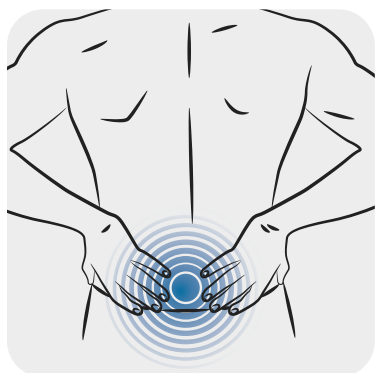
For those who work with a laptop directly on their lap, there's a risk of Toasted Skin Syndrome — skin discoloration, itching, and burning where the laptop rested on the legs, due to prolonged heat exposure. The condition isn't usually serious, though it has been linked to other serious medical issues.

Four Main Areas of Your Body to Support when Working on a Laptop



Neck

- Your head weighs the same as an average bowling ball.
- Any time you look down at your laptop, this weight can be multiplied by as much as two or three times.
- When your body works that hard, fatigue or discomfort can settle in quickly.
- The solution is to maintain an eye-level viewing position by using a laptop riser, monitor stand, or adjustable monitor arm.



Back

- Sitting in an uncomfortable or unsupported chair can quickly amplify discomfort.
- Without proper support in your lumbar (lower back), you are forced to compensate by hunching, crossing your legs, or fidgeting, resulting in discomfort or increased body fatigue.
- An adjustable lumbar support (built into the chair, or adding on an external adjustable support) helps maximise comfort.



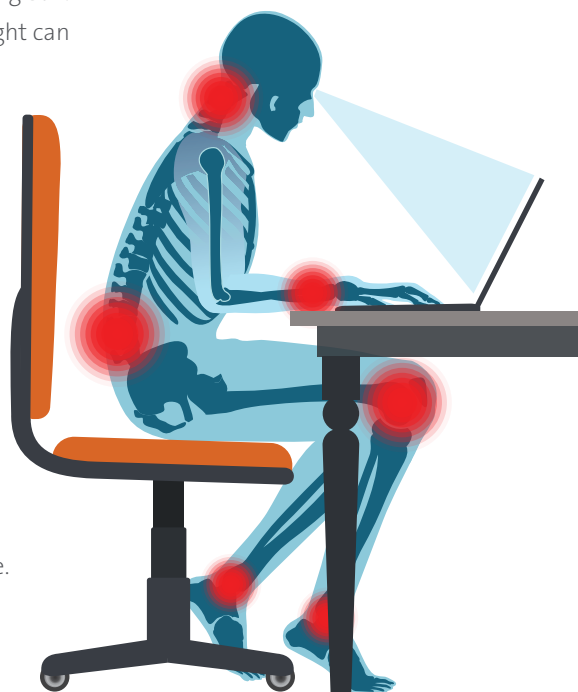
Forearms

- Non-neutral positions (tight angles, pressure points, repetitive rotations) cause the most common ergonomic injuries in wrists and elbows.
- Maintain a flat bridge from your arm to your hand while typing and using a mouse for optimal comfort.
- Consider a “handshake” or vertical-type mouse or trackball, which creates a neutral position for your wrist and forearm.
- If your wrist is already in a neutral position and you still experience soreness or pain, consider adding a palm support (most are called wrist rests, but not meant to rest your wrist on).
- A cushioned or gel-like surface helps keep the delicate carpal tunnel area free of any pressure.



Feet

- You don't have to be short to need a footrest.
- Support your feet by resting them flat on the ground, on a footrest, or — if standing while working — on an anti-fatigue mat.
- A footrest also helps you sit back into your supportive chair.



Most Recommended Kensington Ergonomic Products for Laptops

Laptop Risers



SmartFit™ Easy Riser™
Laptop Cooling Stand
52788 – Black



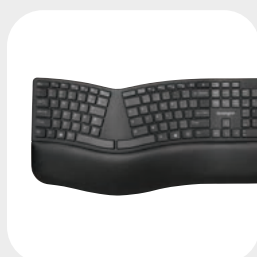
SmartFit® Easy Riser™ Go
Adjustable Ergonomic
Riser for up to 17"
K50422WW



CoolView™ Wellness
Monitor Stand with
Desk Fan
55855



Keyboards



Pro Fit® Ergo
Wireless Keyboard
K75401US – Black
K75402US – Grey



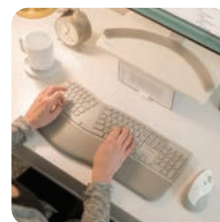
Multi-Device Dual
Wireless Compact
Keyboard
K75502US – Black
K75504US – Grey



Slim Type
Wireless Keyboard
K72344US

Average typing speed increased

in less than
two weeks of
use of ProFit
Ergo Keyboard,
and study
participants showed **68% less
bilateral ulnar deviation and 77% less
bilateral wrist extension** than when
using their old keyboard.



Source: Kensington, Ergonomic Keyboard Whitepaper

Mice



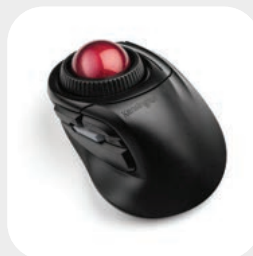
Pro Fit® Ergo Vertical
Wireless Mouse
K75501WW – Black
K75520WW – Grey



Pro Fit® Ergo
Wireless Mouse
K75404WW – Black
K75405WW – Grey



SureTrack™ Dual
Wireless Mouse
K75298WW – Black
K75350WW – Blue
K75351WW – Grey
K75352WW – Red
K75353WW – White



Orbit® Fusion™
Wireless Trackball
K72362WW



Pro Fit® Ergo Vertical
Wireless Trackball
K75370WW

Most Recommended Kensington Ergonomic Products for Laptops

Keyboard and Mouse Sets



Pro Fit® Ergo Wireless
Keyboard and Mouse

K75406US – Black
K75407US – Grey



Pro Fit® Low-Profile
Wireless Desktop Set
with Spill-Proof Keyboard
with Multimedia Keys,
Ambidextrous Mouse,
& AES

75230



Pro Fit® Wireless
Desktop Set

72324



Maximize Comfort

Neck and Back



OfficeAssist™ Multi-
Function Copyholder

K55910WW



SmartFit® Conform™
Back Rest

60412



Premium Cool-Gel
Seat Cushion

55809

Wrists and Forearms



ErgoSoft™ Wrist Rest
for Standard Mouse

52802



ErgoSoft™ Wrist Rest
for Slim Keyboards

52800

Feet and Legs



Space-Saving Foot Rest

K58302WW



Rocking Foot Rest

K58303WW



SmartFit® Solemate™
Plus Foot Rest

52789



SmartFit® Underdesk
Comfort Keyboard Drawer

60004



ErgoSoft™ Wrist Rest
Mouse Pad

55888



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