**Tips for staying pain-free**

* Do not use laptop on lap. Put it on a stable base with support for arms
* Use a separate keyboard and mouse if possible and perch laptop on books or a stand, at eye level
* Adjust your chair if possible so that hips are higher than knees
* Set bigger than normal text size
* Take short breaks every 20 to 30 minutes and walk around
* During video conferences, place device on a shelf – and stand up
* Good habits will prevent aches