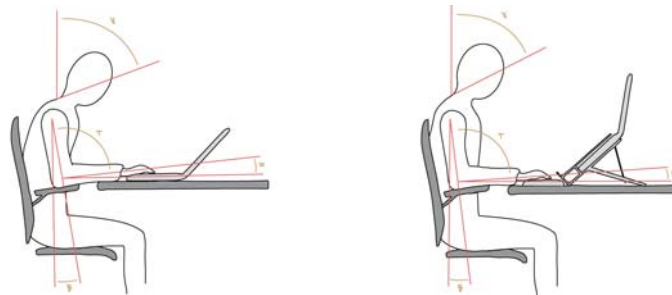


# EFFECTIVITY OF A LAPTOP HOLDER WITH INTEGRATED COPY HOLDER

Drs. A.L. Boersma and drs. E. Mol, April 2002, Free University, Amsterdam, The Netherlands

## Summary

In this study a comparison was made between laptop use with and without laptop support with respect to posture, comfort and productivity. 11 healthy professional laptop users (mean age 41,7 ) participated in this study. All subjects worked on their laptops during two weeks using a laptop holder with integrated copy holder (Ergo-Q, BakkerElkhuizen) and a separate keyboard (minikeyboard, Cherry) and during two weeks without these equipments. A visual analogue score (VAS-scale) was used to register discomfort. Photos were taken to determine changes in working posture and a typing test was performed to analyse productivity.



Posture improved significantly ( $p < 0.05$ ) when the laptop support was used. Neck flexion decreased significantly and the lower arms were placed in a more horizontal position. Comfort evaluation showed a significant ( $p < 0.01$ ) higher score for the laptop holder condition compared to the condition without laptop holder (8.0 versus 5.5). Subjects experienced less physical discomfort ( $p < 0.05$ ) in neck, head and lower back. No significant difference in productivity was found between both conditions. However, as several subjects complained about the Cherry minikeyboard, resulting in an increase of typing errors, this may have biased the productivity results.

