



A student's guide to laptop safety

Work Health and Safety Directorate

down close to the body. Avoid reaching across a car seat or deep into the trunk while holding the weight of the laptop.

Eliminate the need to carry a laptop by using portable media storage (memory stick, flash cards)

Spinal health

To ensure you are able to take part in the things you enjoy, it is important to take care of your back. Tips to help keep your back healthy:

A backpack carried over both shoulders is the best choice for carrying a load to ensure the weight is evenly distributed. It is recommended that you have a pack

with a waist strap — securing a waist strap will help to keep the load in place.

Pack your backpack so that the heavier objects are placed nearer to your back, with the lighter objects towards the outside.

Make sure your backpack fits properly. When you sit down with your pack on, it should not extend higher than your shoulders.

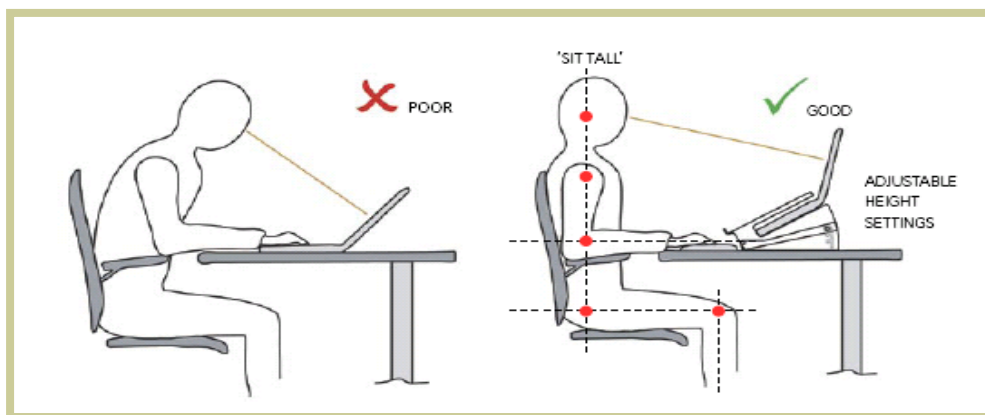
When lifting your backpack, face it, bend at the knees and lift the pack with both hands while straightening your legs. Place the straps over your shoulders one at a time.

Only carry items that are necessary. If you have a locker, use this to help lighten the load you have to carry during the day.

When carrying a heavy load over a long distance, take regular breaks to avoid fatigue. Fatigue increases the risk of injury.

If you sit for long periods of time, ensure that your bottom touches the back of the seat. Take regular breaks, briefly move around and/or stretch every hour or so.

If you participate in contact sports, it is important that your neck and spinal muscles are in good condition to help prevent injuries. Regular fitness and skill training are essential in reducing the incidence of injury.



Further Information

[Spinal health and young people](#)

[Your WHS team](#)



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