

# ERGO

## Away from the Lab



# Travel tips from the Ergonomics Perspective

1. Lighten up! Use rolling luggage where possible and choose it carefully, but 'pack light'.

2. Avoid adding heavy shoulder bags on top of rolling luggage, try to keep the center of gravity low by strapping it next to the rolling bag.



3. Reduce strain on your back and shoulder by:
- adding a handle that turns so that your hand and wrist can be comfortable
  - using Spinner luggage with 4 wheels



Skate wheels work well



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4. Choose laptop cases that have padded shoulder straps, and carry the strap diagonally on your opposite shoulder. Consider checkpoint-friendly laptop cases, which are approved by the TSA to allow the computer to remain in the bag at the security checkpoint.



Less strain with the strap diagonal

5. For long flights, think about back support. Two options are to use an inflatable cushion, or to bring 2-3 sealing bags so that you can add ice obtained from a flight attendant on the plane.



Travelon & Medic-Air Inflatable Lumbar Pillows

Utilize an external keyboard for extended use



When just viewing... prop up items and make them hands free

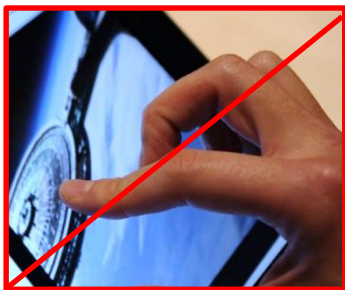


Belkin Grip 360

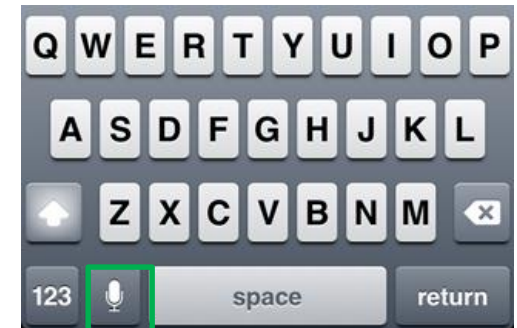


[Flygrip](#)

Make your body comfortable..  
Avoid sustained pinching/pointing



Use voice recognition apps/  
features to minimize one finger  
typing for emails and text  
messages



Do not forget to change and move positions often  
Use support and keep neck relaxed and not bent downward