ProductSheet HP Laptop 14-em0057nr (7L017UA)

Big time powerful. Totally practical.

The HP 14" Laptop PC is built for when life gets real. The powerful AMD Processor[1] handles everything you throw at it from games to school. It's got plenty of storage and ports so you're always prepared, no matter where you are. Keep in touch with friends thanks to its Emoji key, high-res camera[2], vibrant resolution and dual microphones[3].



Performance that powers all-day

Face the day with a reliable AMD Processor[1], long battery life & HP Fast Charge, and fast wireless connections.

Crystal-clear, vibrant images

All your content looks great thanks to the sleek design, vibrant display, and 84% screen-to-body ratio[4].

Reliably built with recycled materials

The HP 14" Laptop PC contains recycled plastics [5] and is EPEAT $^{\circ}$ Gold [6] Registered and ENERGY STAR $^{\circ}$ Certified.

Featuring

Get a fresh perspective

From a rejuvenated Start menu, to new ways to connect to your favorite people, news, games, and content—Windows 11 is the place to think, express, and create in a natural way.^[7]

AMD Ryzen™ 5 Processor

Tap into truly impressive notebook performance. A revolutionary new architecture with amazing battery life that delivers exceptional multi-threaded processing and Vega graphics for intensive multimedia tasks. ^[8]

AMD Radeon™ graphics

Whether it's games or movies, experience high performance for all your entertainment.

Flicker-free

Using DC Dimming technology that controls brightness by adjusting direct current rather than cycling the backlight, we can eliminate screen flickering for more comfortable viewing.^[9]

HP Fast Charge

When your laptop is low on power, no one has time to wait hours to recharge. Power down your device and go from 0 to 50% charge in approximately 45 minutes. ^[10]









Specifications

Operating system	Windows 11 Home in S mode ^[38]
Product color	Natural silver
Processor family	AMD Ryzen™ 5 processor
Processor	AMD Ryzen™ 5 7520U (up to 4.3 GHz max boost clock, 4 MB L3 cache, 4 cores, 8 threads) ^[6,7]
Chipset	AMD integrated SoC
Memory	8 GB LPDDR5-5500 MHz RAM (onboard)
Internal Storage	256 GB PCIe [®] NVMe [™] M.2 SSD
Product design	Matte paint cover and keyboard frame finish, textured base
Graphics	Integrated
Graphics (integrated)	AMD Radeon™ Graphics
Display	35.6 cm (14") diagonal, HD (1366 x 768), micro-edge, BrightView, 250 nits, 45% NTSC
Display	14" diagonal, HD (1366 x 768), micro-edge, BrightView, 250 nits, 45% NTSC
Display size (diagonal)	35.6 cm (14")
Display size (diagonal)	14"
Audio	Dual speakers
Dimensions (W x D x H)	32.37 x 21.5 x 1.79 cm (front); 32.37 x 21.5 x 3.25 cm (rear)
Dimensions (W x D x H)	12.74 x 8.46 x 0.70 in (front); 12.74 x 8.46 x 1.28 in (rear)
Weight	1.4 kg
Weight	3.09 lb
Keyboard	Full-size, soft grey keyboard
Pointing device	HP Imagepad
Camera	HP True Vision 720p HD camera with temporal noise reduction and integrated dual array digital microphones
Ports	1 USB Type-C® 5Gbps signaling rate (supports data transfer only and does not support charging or external monitors); 2 USB Type-A 5Gbps signaling rate; 1 AC smart pin; 1 HDMI 1.4b; 1 headphone/microphone combo
Package dimensions (W x D x H)	6.9 x 48.3 x 30.5 cm
Package weight	2 kg
Wireless	Realtek Wi-Fi 6 (1x1) and Bluetooth [®] 5.3 wireless card ^[11,12,13,46]
Power supply type	45 W Smart AC power adapter
Battery type	3-cell, 41 Wh Li-ion polymer ([23])
Battery life	Up to 12 hours ^[3]
Battery recharge time	Supports battery fast charge: approximately 50% in 45 minutes ^[5]
Ecolabels	EPEAT® Gold registered
Energy star certified	ENERGY STAR® certified
Security management	Mic mute key; Camera privacy shutter; Trusted Platform Module (Firmware TPM) support
Software included	McAfee Online Protection 30-day trial
Software - Productivity & finance	1 month trial for new Microsoft 365 customers ^[24]
Cloud service	25 GB Dropbox storage for 12 months ^[1]
UPC number	197192589861

Top Recommended Displays, Accessories and Services

No Top Recommended Displays, Accessories and Services

Messaging Footnotes

[1] Multi-core is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. AMD's numbering is not a measurement of clock speed.

[2] Features may require software or other 3rd party applications to provide the described functionality. Camera resolution refers to the image sensor active pixels. The actual image capture pixels depend on the app and/or aspect ratio selected.

[3] Internet access required and not included.

[4] Percent of active plus nonactive viewing area to active viewing area plus border. Measure with lid vertical to the desk.

[5] Ocean-bound plastic material in product bezel and speaker housing, post-consumer recycled plastic in the keyboard scissors and keycaps. Percent of recycled materials contained in each component varies by product.

[6] Based on U.S. EPEAT® registration according to IEEE 1680.1-2018 EPEAT®. EPEAT® status varies by country. Visit www.epeat.net for more information.

[7] Not all features are available in all editions or versions of Windows. Systems may require upgraded and/or separately purchased hardware, drivers, software or BIOS update to take full advantage of Windows functionality. Windows is automatically updated and enabled. High speed internet and Microsoft account required. ISP fees may apply and additional requirements may apply over time for updates. See http://www.windows.com.

[8] Multi-core is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. AMD's numbering is not a measurement of clock speed.

[9] The flicker-free capability eliminates screen flickering through integrating DC-dimming LED backlights.

[10] Recharges your battery up to 50% within 45 minutes when the system is off (using "shut down" command). Recommended for use with the HP adapter provided with the notebook, not recommended with a smaller capacity battery charger. After charging has reached 50% capacity, charging speed will return to normal speed. Charging time may vary +/-10% due to System tolerance. Available on select HP products. See http://store.hp.com for a full list of product features.

Technical Specifications Footnotes

[1] 25 GB of free Dropbox storage for 12 months from date of registration. For complete details and terms of use, including cancellation policies, visit the Dropbox website at https://www.dropbox.com/help/space/hp-promotion. Internet service required and not included.

[3] Windows MobileMark 18 Battery life will vary depending on various factors including product model, configuration, loaded applications, features, use, wireless functionality, and power management settings. The maximum capacity of the battery will naturally decrease with time and usage. See https://bapco.com/products/mobilemark-2018/ for additional details.

[5] Recharges your battery up to 50% within 45 minutes when the system is off (using "shut down" command). Recommended for use with the HP adapter provided with the notebook, not recommended with a smaller capacity battery charger. After charging has reached 50% capacity, charging speed will return to normal speed. Charging time may vary +/-10% due to System tolerance. Available on select HP products. See http://store.hp.com for a full list of product features.

[6] Multi-core is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. AMD's numbering is not a measurement of clock speed.

[7] Max Boost clock frequency performance varies depending on hardware, software and overall system configuration.

[11] Wi-Fi 6 is designed to support gigabit data rate when transferring files between two devices connected to the same router. Requires a wireless router, sold separately, that supports 80MHz and higher channels.

[12] Wireless access point and internet service required and sold separately. Availability of public wireless access points limited. Wi-Fi 6 is backwards compatible with prior 802.11 specs.

[13] Wi-Fi 6 (802.11ax) is not supported in Belarus where Wi-Fi settings will be optimized to local regulatory requirements (802.11ac).

[24] Must activate within 180 days of Windows activation.

[38] Not all features are available in all editions or versions of Windows. Systems may require upgraded and/or separately purchased hardware, drivers, software or BIOS update to take full advantage of Windows functionality. Windows is automatically updated and enabled. High speed internet and Microsoft account required. ISP fees may apply and additional requirements may apply over time for updates. See http://www.windows.com

[46] Bluetooth® 5.3 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 5.3 will function as Bluetooth® 5.2 or lower.

© Copyright 2025 HP Development Company, L.P. The information contained herein is subject to change without notice. The only warranties for HP products and services are set forth in the express warranty statements accompanying such products and services. Nothing herein should be construed as constituting an additional warranty. HP shall not be liable for technical or editorial errors or omissions contained herein.

Intel, Core, Optane, Celeron, Pentium, Iris, XMM, and Thunderbolt are trademarks or registered trademarks of Intel Corporation or its subsidiaries in the United States and other countries. AMD, Ryzen, Athlon, and Radeon are trademarks of Advanced Micro Devices, Inc. Bluetooth is a trademark owned by its proprietor and used by HP Inc. under license. NVIDIA and GeForce are trademarks and/or registered trademarks of NVIDIA Corporation in the U.S. and other countries. USB Type-C[®] and USB-C[®] are registered trademarks of USB Implementers Forum. DisplayPort[™] and the DisplayPort[™] logo are trademarks owned by the Video Electronics Standards Association (VESA[®]) in the United States and other countries. McAfee and McAfee LiveSafe are trademarks or registered trademarks of McAfee LLC in the United States and other countries. ENERGY STAR is a registered trademark of the U.S. Environmental Protection Agency. All other trademarks are the property of their respective owners.