

Working with Hand-held devices



Height

We tend to use portable devices low down. To avoid the constant strain on your neck, look to raise your smart phone and tablet onto a table, cushion or stand whenever possible.

Typing

Avoid typing with a single hand. Instead look to use as many fingers as possible when using your phone and keep text messaging and email short.

If typing for prolonged periods of time is unavoidable, use a bluetooth keyboard with your tablet or ipad.

Navigating

When you have your laptop on a stand, you should also use a separate mouse or trackpad. Agile workers may very well find a wireless version helpful.

Seating matters

Using your device on the sofa can lead to an unhealthy C-shape posture. Consider supporting your back, neck and/or arms to minimise muscular stress.

Refining your posture

Whatever device you are working with, it's important to take regular breaks. Alternate your posture, stretch and take up some exercise.