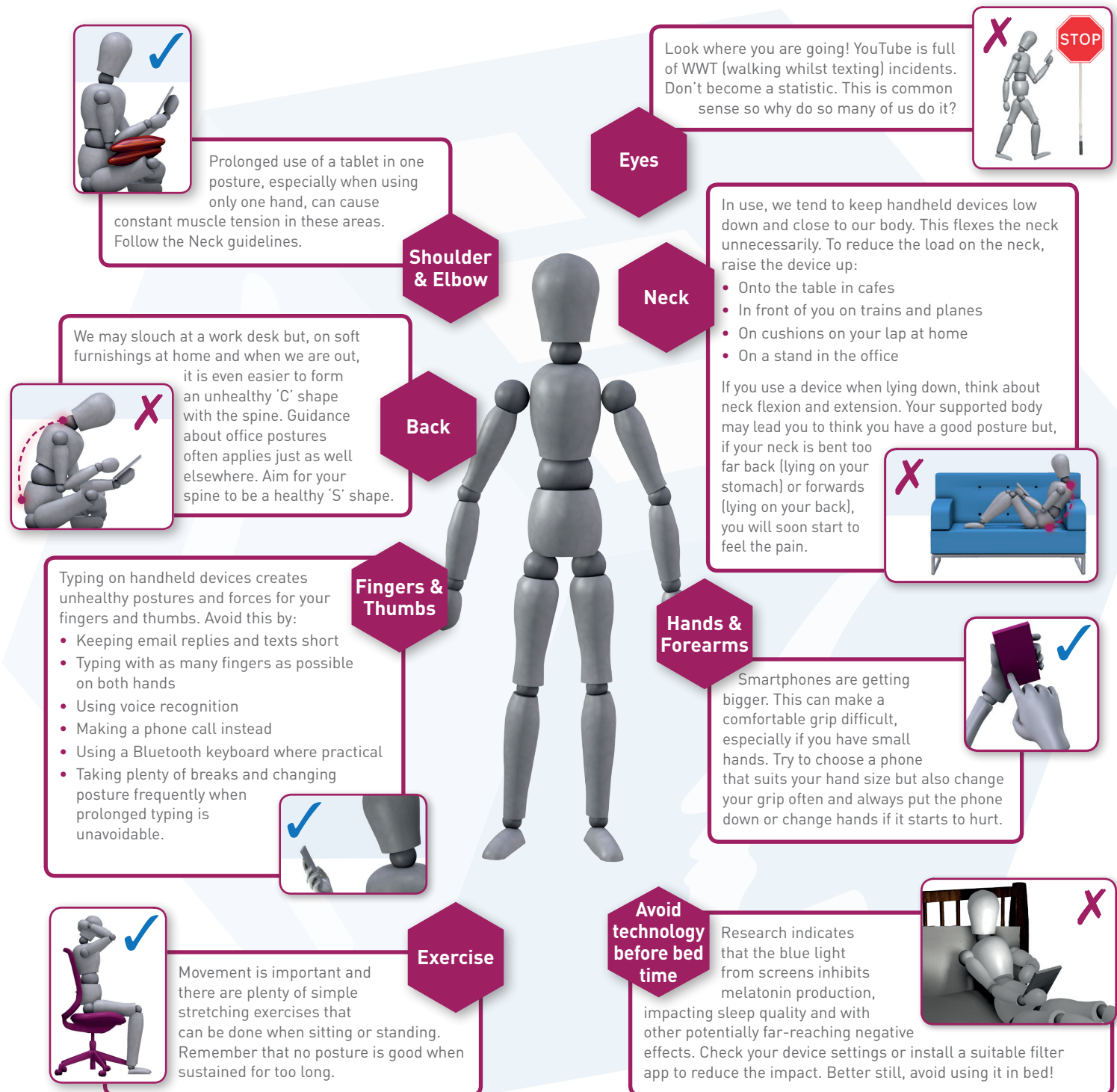


POSTURE GUIDANCE HANDHELD DEVICES

Depending on your thinking, smartphones and tablets are the blight of our lives or a technological godsend. Love them or loathe them, their presence permeates our existence and we need to be mindful of the risks that prolonged use can bring. Whether answering emails, working on an important spreadsheet, watching a video, updating social media or playing a game, it is very easy to adopt and maintain unsuitable postures for too long. These devices are not suited to sustained use and even a good posture held for too long is unhealthy. The tips on this page and solutions overleaf help to raise your awareness of the key issues and minimise the health impact of going about your tech-enabled mobile lives.

Unfortunately, much of this advice is about what not to do. The simplest positive guidance is to change your posture as often as possible and stretch in between.



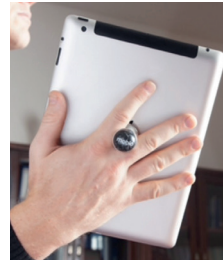
How do you use your handheld device? Here are some product ideas to improve your posture in a variety of situations.

As a laptop replacement...

If you are migrating your laptop activities to your tablet, the unique **TabletRiser** significantly enhances your posture. The tablet position is angle and height-adjustable and can be used in landscape or portrait mode. The unit closes down into an elegant aluminium carry case accommodating your tablet and choice of Bluetooth mini keyboard.



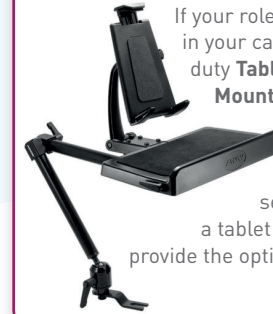
Out and about...



There are many products which make it easier to grip and hold a tablet, even for short periods. The **Mobio** range offers a choice of stand or handle, suitable for smartphones and tablets, each with a shared magnetic mount for instant attachment and removal.



In your 'mobile office'...



If your role involves using a tablet in your car, van or lorry, the heavy duty **Tablet & Keyboard Auto Mount** makes the passenger seat into a much more comfortable office (when you are parked, of course!). Attaching securely to the seat frame, the adjustable bracket secures a tablet and separate Bluetooth mini keyboard to provide the optimum posture in a limited space.



As a satnav...

If you need to attach your tablet or smartphone to the windscreen or dashboard of your vehicle securely (but not permanently), the **MagicMount™ XL** offers the perfect combination of quality, adjustability and convenience. Your device can be mounted and removed instantly and the adjustable bracket can be attached in a variety of positions.



On your desk...

There are many brackets available to attach to existing monitor arms, clamp to desks or simply stand on the work surface. The best solution will depend on your existing layout, how you use it and your budget. Think about ease of attaching/detaching or mounting/demounting because you will soon stop using it if it takes too long!



For teleconferencing, reading or movie viewing...



The **Z3 Tablet Stand** positions your tablet in landscape or portrait mode at a variety of heights and angles, ensuring your device is exactly where you want it. Useful in both commercial and domestic environments, it is ideal for Skype calls, Google Hangouts and FaceTime. It is also lockable, making it useful for exhibition and retail applications.



Whatever you do...

A separate Bluetooth mini keyboard will improve your posture wherever you have space to use one. There are many products available and prices (and quality) vary considerably. The **Mboard 870** looks good and feels great to use. It also connects to up to eight devices.



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