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.





Prolonged use of a tablet in one posture, especially when using only one hand, can cause

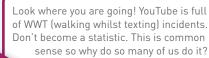
constant muscle tension in these areas. Follow the Neck guidelines.



We may slouch at a work desk but, on soft furnishings at home and when we are out,

it is even easier to form an unhealthy 'C' shape with the spine. Guidance about office postures often applies just as well elsewhere. Aim for your spine to be a healthy 'S' shape.

Back





Eves

Neck

In use, we tend to keep handheld devices low down and close to our body. This flexes the neck unnecessarily. To reduce the load on the neck, raise the device up:

- Onto the table in cafes
- In front of you on trains and planes
- On cushions on your lap at home
- On a stand in the office

If you use a device when lying down, think about neck flexion and extension. Your supported body may lead you to think you have a good posture but,

if your neck is bent too far back (lying on your stomach) or forwards (lying on your back), you will soon start to feel the pain.



Typing on handheld devices creates unhealthy postures and forces for your fingers and thumbs. Avoid this by:

- · Keeping email replies and texts short
- Typing with as many fingers as possible on both hands
- Using voice recognition
- Making a phone call instead
- Using a Bluetooth keyboard where practical
- Taking plenty of breaks and changing posture frequently when prolonged typing is unavoidable.

Fingers & Thumbs

Hands & **Forearms**

> Smartphones are getting bigger. This can make a comfortable grip difficult. especially if you have small hands. Try to choose a phone that suits your hand size but also change your grip often and always put the phone down or change hands if it starts to hurt.



Exercise Movement is important and there are plenty of simple stretching exercises that can be done when sitting or standing. Remember that no posture is good when sustained for too long.

Avoid technology before bed time

from screens inhibits melatonin production,

impacting sleep quality and with other potentially far-reaching negative

effects. Check your device settings or install a suitable filter app to reduce the impact. Better still, avoid using it in bed!





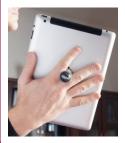
How do you use your handheld device? Here are some product ideas to improve your posture in a variety of situations.

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 heightadjustable 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.

On your desk...



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.

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 MagicMountTM 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 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.





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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