

1. While driving, what was the woman doing that was incorrect?

The woman was holding the phone to her ear with one hand while driving.

2. What are the consequences for doing this?

Consequences include:

- * Being distracted while driving, which is dangerous.
- * Increased risk of an accident.
- * Possible fines or legal penalties depending on local laws.
- * Putting strain on the neck, shoulder, and upper back if she were 'pinning' the phone with her shoulder (though in the image she is using her hand).

3. What can she do differently so she can be ergonomically safe?

She can use a hands-free device, such as a Bluetooth earpiece, speakerphone, or a headset. She should also pull over to a safe location before engaging in a call or texting.

4. What is wrong with her position in image B?

She is holding the phone with her shoulder, "pinning" it between her ear and shoulder, which causes her neck and head to be tilted and puts strain on the head and neck muscles.

5. What can be done to rectify the situation?

She should use a headset (wired or wireless) to free up her hands and keep her head and neck in a neutral, good posture.

6. When using your phone, you should not swipe with your...

You should not swipe with your thumb.

7. What should you do instead of using this part of your hand to swipe?

You should use a finger from your other hand to swipe or type on the screen. You can also use both hands to hold the phone and the thumbs of both hands to type, or use a speech recognition application.

8. List ALL that is ergonomically wrong with IMAGE D

The user is bending or tilting their head/neck downward to look at the screen, which can cause "text neck" and strain on the neck and back. She is also using a 'death grip' or excessive force to hold the phone.

9. What could be done differently?

The user should bring the device higher, closer to eye level, and look down with their eyes instead of tilting their neck. They should also try to use a relaxed grip.

10. What is wrong in IMAGE E?

According to the video, this is at a cinema theatre and the woman's phone is ringing from her bag.

11. What can be done?

The phone should be switched off or the ring tone volume should be muted.