

Smartphone Ergonomics - Safe Tips - Mobile or Smart Phone Use while Driving, Traveling on the Move

Ergonomic and Safe use of mobile or smart phones devices for recreation or work can bring you great benefits if you adopt healthy habits by using them as while Driving, Traveling or on the Move. Awareness of local laws, correct posture, regular breaks and a proper adjustment of equipment can help prevent or relive occupational work stresses or disorders such as Carpal Tunnel Syndrome, Back / Neck Pain or vision care when using Smartphones.

Follow these basic Smartphone safety tips to improve your experience:

√ To help prevent accidents:

- Do not use the phone at the wheel without handsfree, and use this only when safe.
- Turn off the phone or silence these when you are driving.
- When walking pay attention to your surroundings.

√ To relieve muscle tension in the neck:

- Avoid holding the phone between the face and shoulder.
- Use a headset microphone and auxiliary to avoid awkward postures.
- Put the phone up to your chest to get the neck in line with back.

√ To relieve muscle tension of the fingers:

- Alternate between thumbs and other fingers to type.
- Keep wrists straight and relaxed to hold and use the device.

√ To relieve stress at the hearing:

- Adjust the brightness and size of fonts.

√ Take breaks between 2 and 3 minutes every 15 minutes and enjoy your free time silencing your mobile device.

SUMMARY OF HEALTHY LAPTOP AND COMPUTER ERGONOMICS

by the Occupational Safety and Health Administration:

- Modifications to Existing Furniture
- Attention to Ergonomics
- Frequent Movement
- Frequent Breaks
- Varied Seating
- Body Posture
- Stretching

Leads to a healthy laptop work place, classroom or home healthy habits

7 COMPONENTS TO HEALTHY COMPUTING

- Fitness
- Work Style
- Vision Care
- Ergonomics
- Regeneration
- Somatic Awareness
- Stress Management

Laptop Ergonomics - Basic Tips - Adult or Child Laptop Use at Home, Work or School

Ergonomic use of Laptop or Computer devices for recreation or work at home, office or school can bring you great benefits, including your children or kids, if you adopt healthy habits by using them as a correct posture, regular breaks and a proper adjustment of equipment. Awareness of these Ergonomics basic safety tips and suggestions can help prevent or relieve occupational work, classroom or home stresses or disorders such as Carpal Tunnel Syndrome, Back / Neck Pain or vision care when using laptop devices.

Follow these basic Laptop safety tips to improve your experience:

✓ If you use your laptop on the couch : • Make more frequent breaks because it is the best posture for the back. • Try to have your back straight and supported on a cushion.

✓ To relieve muscle tension in the neck : • Use a chair that allows you to have your back straight at 90 degrees thighs. • Relax your neck and keep it aligned with your back. • Place the top of the screen at eye level.

✓ To relieve muscle tension in arms : • Use a separate keyboard and mouse. • Keep arms and forearms at 90 degrees.

✓ To relieve stress at the hearing : • Target your job so you are not reflections or glare. • Blink frequently to keep the eyes hydrated.

✓ Children / Kids use of laptop / computers at home : • Try to have your back straight and supported on a cushion. • Try to use a cushion to have the screen at eye level.

• Use a separate keyboard and mouse.

• In some cases, use a box as a foot rest.
• Limit time of computer use each day to 30 minutes.

• Ensure your child spends more time exercising than computer time. SUMMARY OF HEALTHY LAPTOP AND COMPUTER ERGONOMICS by the Occupational Safety and Health Administration:

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