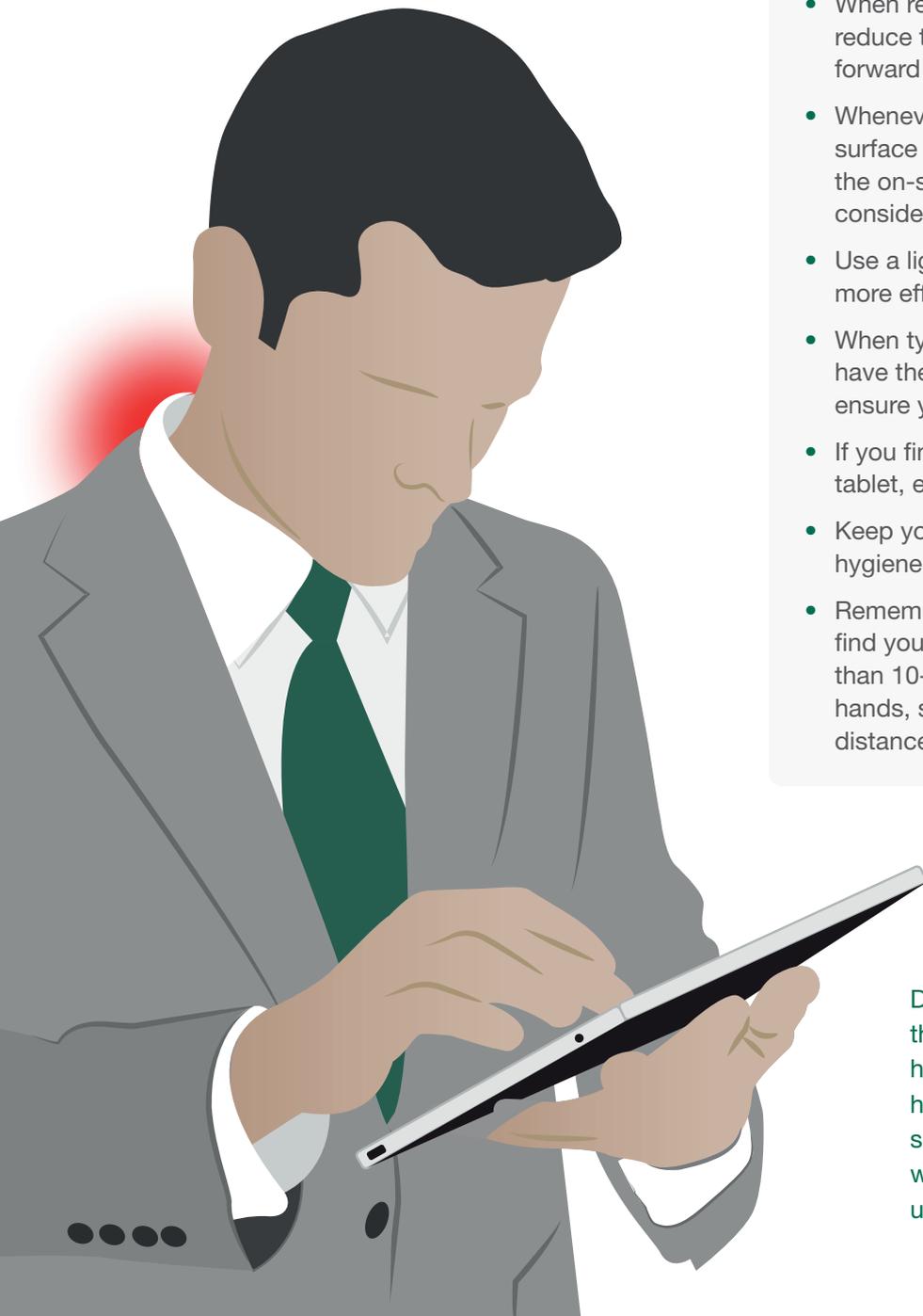


Using iPads and Tablets

Tips and advice for using iPads and tablet devices



Remember a tablet is a great portable device to use for short periods of time but for longer periods or for work requiring the input of information, a correctly set up workstation is the best option. Make sure you use the right tool for the job to ensure you are productive and working without compromising your health.



Advice points

- When reading, use a stand or tilt the tablet to reduce the need for you to bend your head forward to read.
- Whenever possible try to place the tablet on a surface rather than holding it. If you are using the on-screen keyboard for extended periods consider using a blue tooth external keyboard.
- Use a light touch when using the screen it will be more efficient as well as preventing problems.
- When typing or touching the screen regularly have the tablet flat or only slightly angled to ensure your wrists are not in awkward positions.
- If you find you are leaning forwards to view the tablet, enlarge the image or text.
- Keep your screen clean for good visibility and hygiene reasons.
- Remember movement is really important, if you find yourself using a tablet intensively for more than 10-20 mins take a short break, stretch your hands, shoulders and neck and look into the distance to relax your eyes.

Due to the screen and keyboard being in the same place on a tablet – either your head is angled down or your arms are being held up – if extended periods of time are spent typing or inputting information, you will increase the risk of developing neck and upper limb conditions.

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