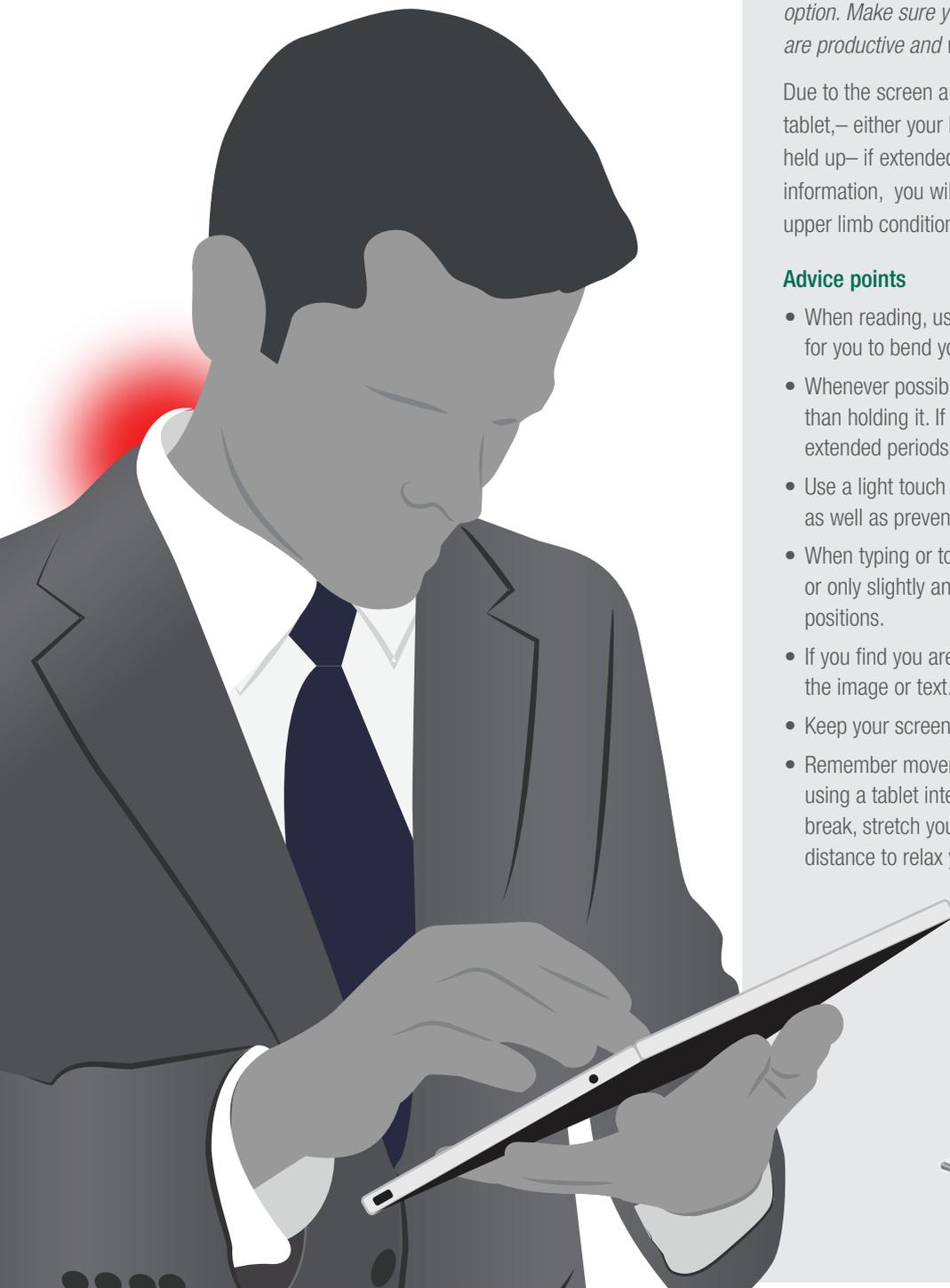


# Using iPads and Tablets

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.*

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.

## 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.



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