

What is ergonomics?

The word "Ergonomics" comes from two Greek words "ergon," meaning work, and "nomos" meaning "laws." Today, however, the word is used to describe the science of "designing the job to fit the worker, not forcing the worker to fit the job." Ergonomics covers all aspects of a job, from the physical stresses it places on joints, muscles, nerves, tendons, bones and the like, to environmental factors which can effect hearing, vision, and general comfort and health.

Mobile Phones

Mobile phone and tablet technology, like desktop computer and laptops, can pose musculoskeletal stress if ergonomic practices are not kept.

SMARTPHONES AND TABLETS SHOULD NOT BE USED FOR EXTENDED COMPUTER WORK - USE A DESKTOP/LAPTOP COMPUTER AND ENSURE A PROPER ERGONOMIC SETUP.

Phone Use

- Use hands free devices to eliminate awkward, static postures - especially during long phone calls.
- Limit duration and frequency of calls, texts, and emails.
- Maintain neutral wrist posture and alternate hands when holding devices.
- Reduce keystrokes with text shortcuts (search "text shortcuts" on your web browser or app store), or where feasible, use speech-recognition applications.
- GENERAL SAFETY REMINDER: Avoid distracted mobile phone use when walking, driving, or biking.

Tablet

- For extensive text entry, use a separate keyboard and prop the tablet on a stand to improve the viewing angle.
- Limit duration of tablet use - take frequent microbreaks.
- Focus on neck posture - avoid excessive looking down when reading emails or texts.
- For prolonged reading while seated, prop the tablet on a backpack, pillow, etc. to bring the screen closer.
- Alternate hands and fingers when using buttons/touchscreens.
- Reduce keystrokes with text shortcuts (search "text shortcuts" on your web browser or app store), or where feasible, use speech-recognition applications.
- Search application stores for products the reduce keyboard use.
- Maintain neutral wrist posture and alternate hands when holding devices. For tablets, consider cases with hand straps to reduce gripping.