



Smartphone Risks

Get a grip.

All that texting, tweeting, emailing, e-reading and surfing the net on a smartphone has its risks. Physiotherapists are seeing a significant increase in injuries related to using handheld devices. Do you grip the smartphone on your palm between four fingers and the fatty pad below the thumb, and use your thumb to type on the tiny keypad? That can aggravate arthritis and lead to tendonitis of the thumb and other ailments.

Take healthy steps and safety measures to avoid potential injury when using a mobile phone or handheld device.

And that's smart safety!

For additional information or guidance, contact your safety office.