



## Smartphone Postures

Practice slouch-free smartphone use.

Good posture can help prevent the aches and pains of too much texting. Switch it up between fingers and thumbs when you type. Use the pad of your thumb instead of the tip so you don't bend your thumb. Keep your wrists relaxed and as straight as possible. Keep your spine upright. Avoid looking down to prevent neck, shoulder or upper back pain. If your phone is below eye level, look down with your eyes rather than your neck. Avoid using the phone to one side of the body with the neck rotated.

Using a healthy posture and smartphone ergonomics can help reduce smartphone injuries.

And that's smart safety!

For additional information or guidance, contact your safety office.