

**Using portable communication devices such as smartphones can lead to aches and discomfort due to the posture you may adopt to use them. To minimise problems, consider the following:**



Do you need to send an email?  
Could you call instead?  
This would reduce typing.

When typing, hold the device upward to prevent bending of the neck.

Change the font size to suit you!

Use a PC or laptop if you need to input lengthy information.

To relax your eyes, regularly look away from the screen.

Vary the use of the fingers / thumbs you use

