

# Environmental Health and Safety

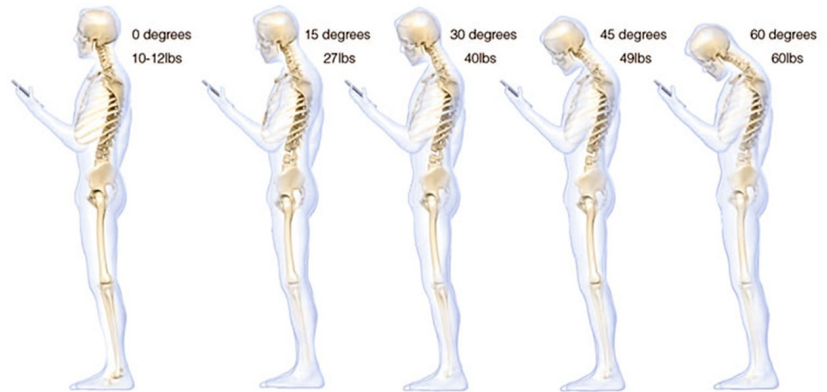
## Text Neck and Mobile Devices



Common locations for using mobile devices are: on the couch, in a lounge chair, on a bed, on the floor or while walking. Common postures for using mobile devices are: hunched over, lounging and laying on your stomach. These can all lead to awkward postures and pain.

### Neutral Postures

- Neck aligned with spine
- Back relaxed and supported
- Shoulders relaxed
- Elbows close to body and bent between 90 and 120 degrees
- Wrists and hands straight



Position	Neutral	15 °	30°	45 °	60 °	90°
Force To Cervical Spine	10-12lbs.	27lbs.	40lbs.	49lbs.	60lbs.	Not Measurable

### Steps for Better Ergonomics While Using Mobile Devices

- It's good to be restless
- Don't believe everything you see
- Get a case
- Tablets are not typewriters
- Beware the glare
- Bring the phone to you
- Use a headset or hands-free feature
- Strengthen your neck and back
- Focus visits for massage, Chiropractor and acupuncture on neck, upper back, forearms, wrists and hands

### Resources

[CDC: Ergonomics](https://www.cdc.gov/ergonomics/)

[Ergonomics.org](https://www.ergonomics.org/)

[OSHA: Ergonomics](https://www.osha-slc.gov/ergonomics/)

[Clark Ergonomics Page](https://www.clarkergonomics.com/)

[Institute of Ergonomics and Human Factors](https://www.ineh.org/)

**Ergonomics: The scientific study of people at work.  
Reducing challenges associated with overuse, posture and repetition.**