

## Appendix 13

### POEL9H Use of tablets, smartphones and mobile devices



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The use of tablets, smartphones and other mobile devices in the workforce has increased exponentially over the past few years, yet the long-term associated risks are still largely unknown.

Short-term effects are known to include neck pain - from heads being tilted at an uncomfortable angle - and muscle fatigue from arms being outstretched for extended periods whilst waiting for screens to load. Muscle fatigue is also a risk for those who have difficulty in viewing small screens, and who therefore hold them at arms' length for extended periods of time. It is possible that longer-term effects of using mobile devices will become apparent over time.

#### What you can do to reduce risks

- Regularly look away from the screen to relax eye muscles
- Increase font size to avoid eye strain
- Hold device at eye level to reduce neck strain, or use a stand
- Place the device on a table or surface when typing
- Vary the fingers you use to input data
- Use an external keyboard – or switch to a PC or laptop - when inputting large amounts of data or typing for a lengthy period of time
- Regularly change position and stretch

#### Additional resources

[G32.1 Model Risk Assessment](#)

Advice for using portable communication devices (PDF, 496K)

Tips and advice for using iPads and tablet devices (PDF, 240K)