

The Right Posture When Using SMART DEVICES

WORKING ON A DESKTOP OR WORKSTATION



Sit with your back straight and supported by the chair backrest. Keep your knees at the same level as your hips, or slightly lower, with both feet resting flat on the floor. Avoid crossing your legs. Keep your wrists and arms aligned, with elbows positioned slightly lower than the wrists. Adjust the height of your chair or desk so the top of your monitor is at eye level.

USING A PHONE OR TABLET WHILE STANDING

Stand upright and maintain a straight posture. Hold your device closer to eye level instead of bending your neck downward.



USING A PHONE OR TABLET WHILE SITTING

Sit upright and keep your device at a comfortable level with your eyes. For support, use a pillow or rest your elbow on the armrest of your chair. To reduce excessive hand gestures, activate voice control or voice detection mode on your device.

