

Mobile Phones & Tablets Tips

Accounting for Touch

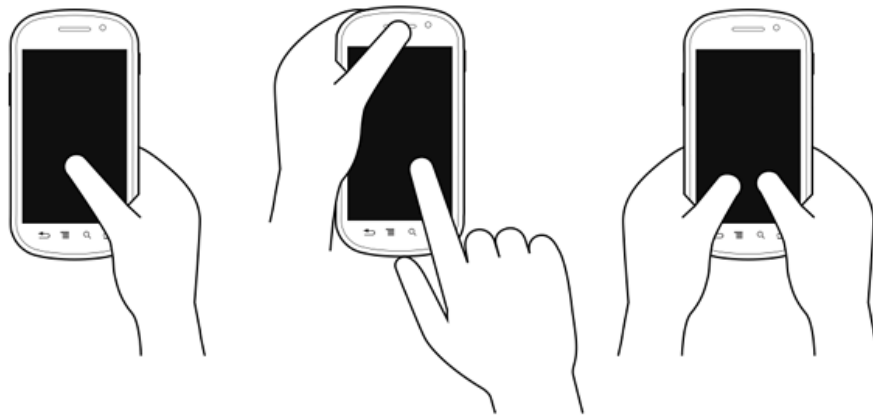
It is important to understand ergonomics for smart phones & tablet devices. As technology changes, ergonomics must change in order to keep up with the changing workplace. Any navigation system that needs to work with touch needs to be aware of thumb & finger reach in relation to smart phones. Most common phone and tablet sizes are listed below

Phone Size Ranges: 2.5" to 5.5" inches

Tablet Size Ranges: 7.0 " to 12" inches

Good Habits of Smart Phones

Like with sitting, the best ergonomic posture for smart phones is to change your grip posture to ensure load rotation.

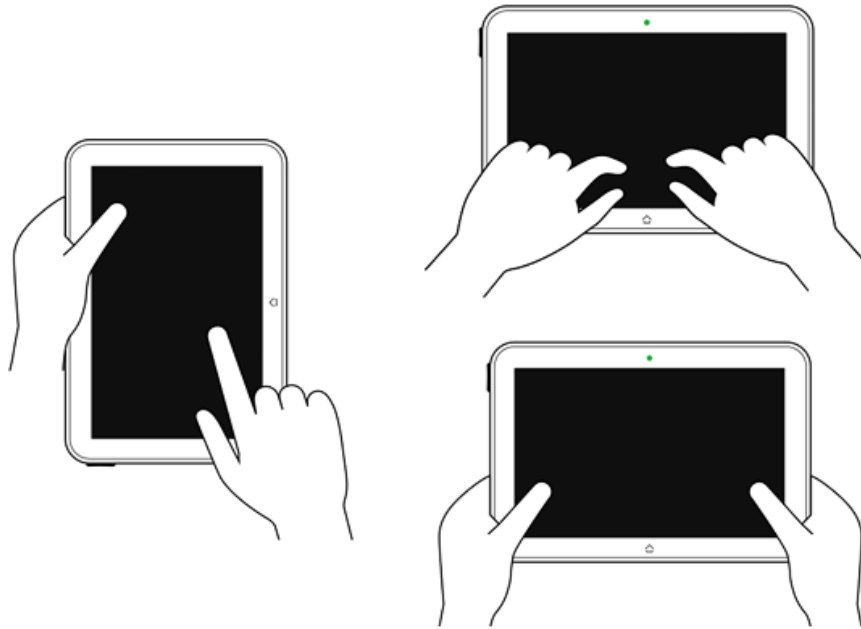


In addition, please be aware of different areas of the phone and try to stay within the easy range during heavy phone use

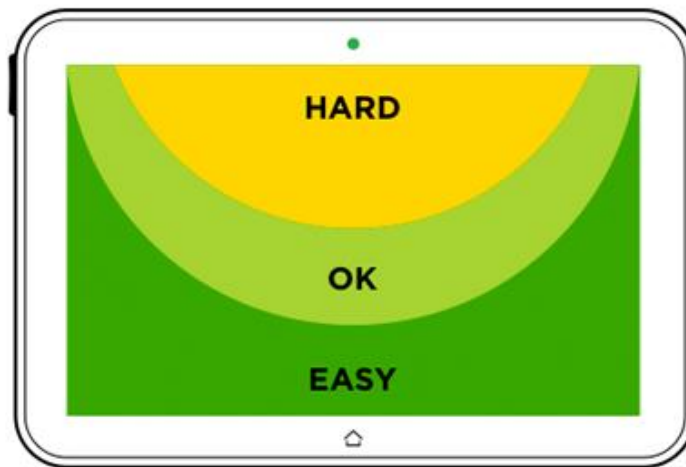


Good Habits of Tablets

Like with sitting, the best ergonomic posture for Tablets is to change your grip posture to ensure load rotation.



In addition, please be aware of different areas of the tablet and try to stay within the easy range during heavy tablet use



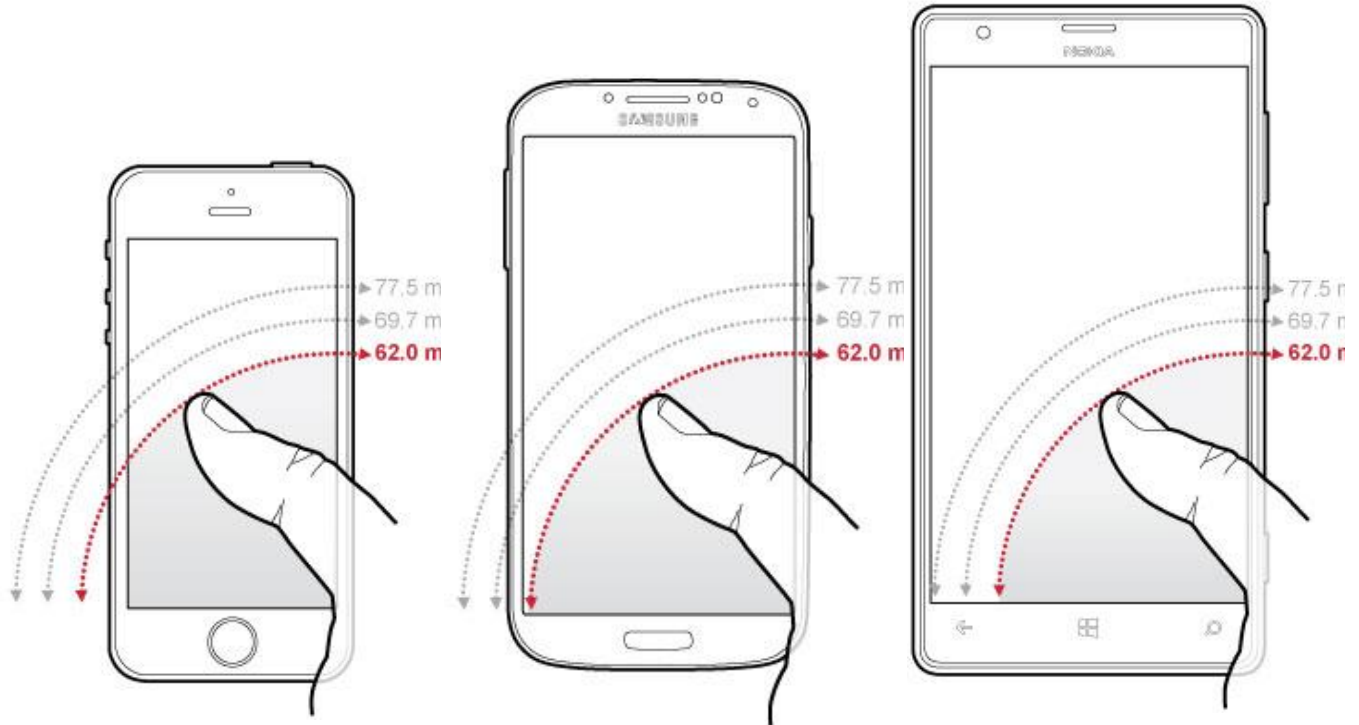
General Tips for Smart Phones

1. Find a phone that your thumb can reach the opposite corner of the phone comfortably. (62 mm =avg male)

Small Phone (4.5 inches or less)

Medium Phone (4.5 -5.5 in)

Large Phone (5.5 in or greater)



2. Make sure you have a hands-free option to remove static and awkward postures when talking on the phone



- Alternative between use of finger and thumbs to reduce repetitive thumb pain and awkward thumb movement



- Avoid excessive gripping on the smartphone to reduce strain on the fingers, thumb and wrist while holding the device. You should be able to touch your middle finger and thumb around the phone. (51.8 mm = avg for grip)

Try to keep your wrists as straight as possible by playing with your technique. Putting your phone down on a hard surface might help if you're texting, or hold the phone in one hand and text with the other. Holding your smartphone at the sides and texting with both thumbs is stressful on your wrists.

Small Phone (4.5 inches or less)



Medium Grip (4.5 -5.5 in)



Large Phone Grip (5.5 in or greater)



5. Maintain good posture while using the phone



6. For every 30 minutes of use, take 1-2 min stretch break



7. Utilize apps available for voice recognition, abbreviation expansion or word completion to reduce key input associated with texting:

- [Dragon Dictation](#) (free) for iOS
- [Dragon](#) – (free) voice recognition for Android
- [Flex T9](#) (free) for Android
- Siri on iOS – (free) on iPad 3 and iPhone 4S
- [Skyvi](#) (free Siri) for Android
- [SwiftKey Keyboard for Android](#) – (1.99) Offers sliding your finger over the keyboard to type and predict typed words.
- [A.I.Keyboard Plus](#) - (3.99) Word completion app for Android.
- [ZenTap Pro](#) - (1.99) Word completion for iPhone
- [Brevity](#) – (.99) Word completion/ auto expansion for iPhone