

Advice

ON USING PORTABLE COMMUNICATION DEVICES AND TABLETS



We recommend that you:

- Consider whether you can make a call instead of messaging or emailing
- Choose not to work on a portable device if a laptop or desktop device is accessible
- Regularly look away and stretch or move when using a device.
- Try and use the device in an upright position i.e. in front of you and avoid bending your neck
- Use different fingers to type emails and messages
- Avoid using a portable device or tablet for lengthy periods of time
- Consider increasing the font size on the screen

FOR MORE INFORMATION
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