

# **Ergonomic tips for using iPads**

There are many simple solutions to help you minimise the risk of upper limb disorders or postural issues when using your iPad. Some points to remember include:

## **Posture**

The most important factor is to maintain good posture:

- ✚ Adopt a good sitting position in order to avoid straining your arms
- ✚ Do not slouch, sit forward or crouch over the iPad; sit up straight with the lower back properly supported
- ✚ iPads are not designed for prolonged use (eg more than an hour); where prolonged use is necessary, use a separate keyboard & a stand to raise screen to eye level where possible
- ✚ Work on a stable base and not on your lap
- ✚ Take regular breaks, especially to reposition the head and neck, and to rest the eyes

## **Usage**

### **Typing**

- ✚ Use on a flat surface
- ✚ Use both hands and fingers as well as thumbs to compose text messages; do not try and type using just thumbs while holding the iPad in both hands, if it is necessary to hold the iPad while using it (for a short time only), hold the iPad in one hand and use the thumb and fingers of the other
- ✚ Rest the thumbs and fingers regularly, and do not carry on with any activity that is causing pain, no matter how slight, seek medical advice if persistent problems arise
- ✚ Keep messages and typing to a minimum
- ✚ If using a pen, hold as for a normal pen applying light pressure
- ✚ Take regular breaks, especially to reposition the head and neck, and to rest the eyes

### **Reading swiping & pinching**

- ✚ Where possible use a stand (or similar) to position the iPad so you do not have to lean over it to view the screen; try to raise it towards the vertical for a comfortable viewing angle
- ✚ When reading from a hard copy, keep it as close to the iPad as possible
- ✚ Avoid glare: adjust your screen to reduce reflections either by menu controls or move to another position within the room; do not sit with your back to the window
- ✚ Adjust screen brightness to suit surrounding light levels
- ✚ Regularly clean your screen protector, or replace it as necessary
- ✚ Take regular breaks, especially to reposition the head and neck, and to rest the eyes

[For further information on use of portable computers: Policy 58/09, Appendix 5]