

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]