

# Smart Phone and Tablet Tips

## Accounting for Touch

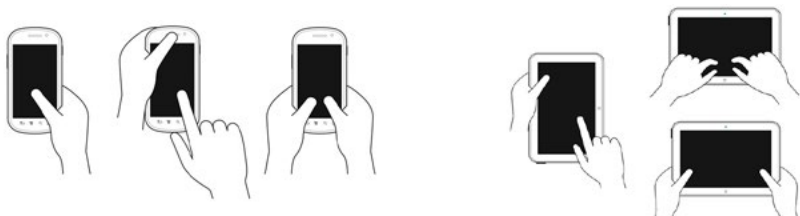
It is important to understand ergonomics for smart phones & tablet devices. As technology changes, ergonomics must change in order to keep up with the changing workplace. Any navigation system that needs to work with touch needs to be aware of thumb & finger reach in relation to smart phones. Most common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

**Phone** Screen Size Ranges: 2.5" to 5.5" inches

**Tablet** Screen Size Ranges: 7.0 " to 12" inches

## Holding Your Smart Phone or Tablet

Regularly change your grip position to avoid fatigue.



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



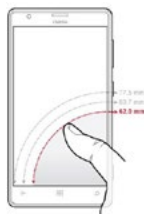
## General Tips for Smart Phones

1. Find a phone that your thumb can reach the opposite corner of the phone comfortably.

**Small (4.5" or less)**

**Medium (4.5-5.5")**

**Large (5.5" or greater)**



2. Have a hands-free option to remove static and awkward postures when talking on the phone.
3. Alternate the use of fingers and thumbs on the touch screen to reduce repetitive thumb pain and awkward thumb movement.
4. 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.

**Small (4.5" or less)**



**Medium (4.5-5.5")**



**Large (5.5" or greater)**



## 5. Smartphone Eye-gonomics

