

MEMBER BUSINESS TIP

Injury Prevention tips from Mount Sinai Selikoff Centers for Occupational Health

*Mount Sinai Selikoff Centers for Occupational Health Ergonomics expert reports:
Many SMARTPHONE USERS are experiencing HAND ACHES and INFLAMMATION*



Tips from our ergonomics expert to prevent Smart Phone related HAND PAIN

When you're looking for a new phone:

- Be open to different sizes and brands, and play with them in the store to see what feels most comfortable.
- For a work phone explore your options and request a hands-free listening device.
- Look for a phone case with texture or traction to allow ease of grip.



Try to limit using your hands:

- Use the dictate feature for messaging and emails.
- Use word prediction on the keyboard to help decrease amount of keystrokes.
- Use your speakerphone or headset when you can.
- Avoid text "bingeing".

Alternate your hand positions and which fingers you use:

- Change hand grip frequently.
- Alternate between using one hand and two when using the keyboard.
- Alternate holding your phone between left and right hands.
- Put your phone down while typing.



To learn more, contact us at **888-702-0630**
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