

# BE YOUR BEST SELF!



TIPS FROM WORKCARE'S INDUSTRIAL INJURY PREVENTION SPECIALISTS

## MOBILE DEVICES HANDY YET HAZARDOUS



*Laptops and cell phones are convenient tools to use in the field, but they also create injury exposure hazards. Correct device positioning, microbreaks and other ergonomic practices help reduce overuse injury risks.*

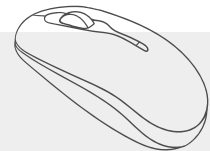


– Kathy Poulsen, MS, ATC, CEAS, AOEAS  
Regional Injury Prevention Specialist Supervisor &  
Special Projects Lead-Industrial Athlete Program



1

IN A VEHICLE, ELEVATE/MOUNT LAPTOP AT MIDLINE; FORWARD-FACE SCREEN AT EYE LEVEL TO PREVENT TWISTING.



2

USE WIRELESS MOUSE/KEYBOARD AND VOICE-ACTIVATED FUNCTIONS TO REDUCE REPETITIVE WRIST, HAND AND FINGER MOTION.



3

AVOID HUNCHING YOUR SHOULDERS AND BACK FORWARD WHILE HOLDING A PHONE BELOW YOUR CHIN.



### Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • [info@workcare.com](mailto:info@workcare.com) • [www.workcare.com](http://www.workcare.com)

### Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.