

## Phone Use and Taking Care of Your Neck

Posted in: Office Ergonomics, Posture

Have you noticed that as the office evolves, our desks fill up with more and more tools aimed at helping us work faster and faster?

Too bad we only have two hands...

Cradling the phone handset between the ear and shoulder while writing or typing on your computer is a quick way to cause strain on your neck.

If you frequently use or someone in your office frequently uses the phone this way, consider alternatives. Using a speaker phone, a hands free headset or your hand all reduce the stress on your neck and upper back. At a minimum, push away from your computer and use one hand to hold the handset and one hand to write on paper.!



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