

The Phone Doesn't Have to be Your Enemy

Posted in: Office Ergonomics, Home Office, 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 between your ear and shoulder while writing or keying is a quick way to cause strain on your neck. If you frequently use your phone this way, consider using your speaker phone, a headset or at minimum, push away from your computer and use one hand to write and one hand to hold the phone. Don't get caught in the 'phone trap'!



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