

Healthy **SPINE** HEALTHY **MIND**

MOBILE & COMPUTER DEVICES

CHECKLIST

A Healthy Spine Supports a Growing Mind

A GUIDE FOR PARENTS & TEACHERS

- It's important to sit comfortably and always with **upright posture**. Shoulders should be relaxed with feet flat on the floor.
- Stop bending the neck** forward to look down at a phone or tablet. Hold the device at eye level.
- Limit the time spent** using a smartphone to 2 hours per day, especially during leisure time.
- Use both hands** or **alternate between left and right** when typing on a smartphone.
- Don't walk using a phone**. Hold the head up high and engage with the world.
- It's vital to **take regular movement breaks** to look away from the device, move the neck from side to side and stretch every 10 minutes when using mobile devices, and every 30 minutes when using computers.
- Ensure **computers are set up ergonomically correct** at a desk. The monitor or laptop screen should be at eye level with mouse and screen close to the body.
- Always use an **adjustable ergonomic office or desk chair** so the knees are slightly lower than the hips.
- Exercise regularly** to maintain a healthy spine and overall health and wellbeing.
- Unnecessary screen time** (tablets, smartphones, computers) should be reduced with recreational screentime limited to no more than two hours per day while encouraging children to exercise and play to help maintain a healthy spine.

