



Healthy SPINE HEALTHY MIND

ADULTS AND STUDENTS

ELECTRONIC DEVICE CHECKLIST HELP PREVENT TECH NECK

Good posture, taking regular breaks to increase movement and stretch, along with these simple steps can help adults and students minimise tech neck caused by incorrect use of smartphones, tablets and computers.

- It's important to sit comfortably and always with **upright posture**. Shoulders should be relaxed with feet flat on the floor.
- **Stop bending your neck** forward to look down at a phone or tablet. Hold the device at eye level.
- **Limit the time** you spend 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 looking down** at a phone. Hold your head up straight and engage with the world.
- It's vital to **take regular movement breaks** to look away from your device, move your neck from side to side and stretch every 10 minutes if using mobile devices and every 30 minutes if 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 chair so the knees are slightly lower than the hips.
- **Exercise regularly** to maintain a healthy spine and overall health and wellbeing.



AUSTRALIAN
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For more information visit spinalhealth.org.au

Spinal Health Month is a community service initiative of the Australian Chiropractors Association.
For references, visit chiro.org.au/references

