

# Mobile Device Ergonomics Checklist



Centre of Research  
Expertise for the  
Prevention of  
Musculoskeletal Disorders

Job title: \_\_\_\_\_

Date: \_\_\_\_\_

Analyst: \_\_\_\_\_

Assessment Area		Recommendation(s)
<b>Mobile Devices – Tablets, Smart Phones, and Other Touch Screen Devices</b>		
Does your device have a case to support it in a tilted position (not flat on table)?	YES <input type="checkbox"/> NO <input type="checkbox"/>	Supporting cases can improve viewing angle and allow hands-free use
Can the mobile device accommodate an external keyboard?	<input type="checkbox"/> <input type="checkbox"/>	External keyboards promote neutral postures and improved performance
Are functions, keys, and buttons placed to allow relaxed thumb postures during use?	<input type="checkbox"/> <input type="checkbox"/>	Reaching with the thumbs increases demands and reduces performance
Does the devices have a rubberized back surface?	<input type="checkbox"/> <input type="checkbox"/>	Improved grip makes it easier to hold the device with a single hand
Does the mobile device work allow for breaks and alternate working postures?	<input type="checkbox"/> <input type="checkbox"/>	Prolonged use can cause neck, back, wrist and shoulder pain
<b>Notebook Computers</b>		
Can the notebook be elevated using a riser or external monitor?	YES <input type="checkbox"/> NO <input type="checkbox"/>	Notebooks used on the desk or lap can increase head and neck flexion
Can an external keyboard attached to the notebook?	<input type="checkbox"/> <input type="checkbox"/>	External devices can lower discomfort and improve performance
If you answered <b>NO</b> to any of the preceding questions, a full risk assessment may be required to limit any potential mobile device hazards.		

Additional Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_