Mobile Device Ergonomics Checklist

CRE-MSD | Centre of Research Expertise for the Prevention of Musculoskeletal Disorders

Job title: _____

Date: _____

Analyst: _____

Assessment Area			Recommendation(s)
Mobile Devices – Tablets, Smart Phones, and Other Touch Screen Devices			
	YES	NO	
Does your device have a case to support it in a tilted position (not flat on table)?	☐	☐	Supporting cases can improve viewing angle and allow hands-free use
Can the mobile device accommodate an external keyboard?	☐	☐	External keyboards promote neutral postures and improved performance
Are functions, keys, and buttons placed to allow relaxed thumb postures during use?	☐	☐	Reaching with the thumbs increases demands and reduces performance
Does the devices have a rubberized back surface?	☐	☐	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?	☐	☐	Prolonged use can cause neck, back, wrist and shoulder pain
Notebook Computers			
	YES	NO	
Can the notebook be elevated using a riser or external monitor?	☐	☐	Notebooks used on the desk or lap can increase head and neck flexion
Can an external keyboard attached to the notebook?	☐	☐	External devices can lower discomfort and improve performance

If you answered NO to any of the preceding questions, a full risk assessment may be required to limit any potential mobile device hazards.

Additional Comments: _____

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