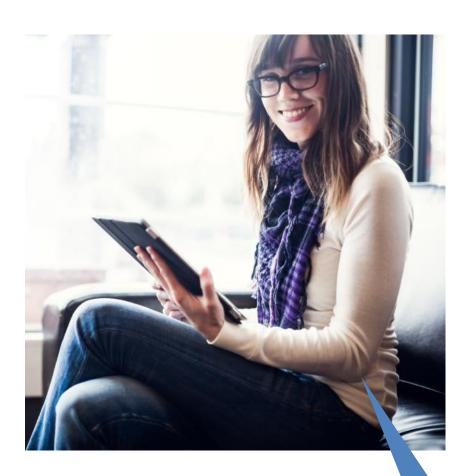


5 STEPS

to working with your tablet

Location of tablet

- When holding the tablet, keep your elbows close to your body and vary the tablet position.
- Switch hands to keep neck postures – healthy.
- If sitting, maintain comfortable and natural posture.



Tapping

- Remember to lightly tap the tablet (virtual) keyboard.
- Most people use much more contact or typing force than is necessary for the tablet.



Alternate Fingers and Hands

- It is recommended that you use different fingers and alternate typing and scrolling hands.
- The more you practice, the easier and more natural it becomes.



- Breaks
- Remember to give yourself microbreaks as often as you need to.
- Little recovery periods can help prevent the stress and tension from accumulating and continuing to build up.



Step 4

- Relax
- Every 15 or 20 minutes, take your eyes off the tablet and focus on an object in the distance to allow your eyes to relax and avoid eyestrain and headaches.

