



# 5 STEPS

to working with  
your tablet

# Step 1

## 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.



**Step 1**

# Step 2

## Tapping

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



# Step 3

## 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.



# Step 4

- Breaks
- Remember to give yourself micro-breaks 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**

# Step 5

- 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.

Step 5

