Since tablets are having a lot more uses and applications pertaining to different jobs, they are becoming much more common in the workplace. Just because it is smaller and easier to use than other devices that you might use doesn’t mean that there is no risk of injury from prolonged use. Here are some tips that you can take to help prevent any issues from happening:

1. **Don’t stay in one position for long periods of time.**

   It might be harder to remember when using a tablet since it is more mobile and handheld, but it is still important to not be in one position for too long. This includes alternating which hands and fingers you use for the touch screen and to hold the device. Take frequent breaks from using the tablet to help with eye strain and static postures.

2. **Posture is important.**

   You also want to make sure that you are keeping the tablet at a high enough angle that you are not having to hunch over to use the device. This can cause neck strain or other issues. 45 degrees is usually good if you are setting it on your lap and 60 degrees if you have it propped up on a table.

3. **Get a case for your tablet.**

   Many tablets have cases that allow for the tablet to be propped at different viewing angles when being used. This can be helpful so that you are not forced to look at the screen in a manner that might cause discomfort. Some cases also come with handle straps attached, which can help reduce the amount of gripping you have to use to hold the tablet.

4. **Don’t use your tablet for typing.**

   Although it might seem more convenient to use the table screen to type, it is not designed to be used in this manner for extended periods of time. Using an external keyboard will allow the screen to be at a better viewing angle than typing on the screen. There are cases with keyboards attached so that you do not have to haul around a large external keyboard but can still do your typing needs.