

RAISE YOUR HEAD!

Does your head hurt?

Is your neck stiff?

If you tilt your head
too much, you could
have injuries and
discomfort in the
cervical area.

HOW TO AVOID IT?

This neck position is dangerous!
Keep your neck in a neutral position and relax
your shoulders.

Always keep the phone at eye level.

Remember to take breaks every 20 minutes.

Increase the font size.

Try using both thumbs.

If you're sitting, stand up and focus your gaze on
distant objects.

