

Looking After Your Neck When Using Phones and Tablets

Looking down at phones and tablets for prolonged periods can increase the demands placed on your neck and upper back.



HOW NECK POSITION AFFECTS THE LOAD ON YOUR NECK

0°

Neutral Position



AVERAGE HEAD WEIGHT
10–12 lb
(4.5–5.5 kg)

15°

Slight Tilt



~27 lb
(12 kg)

30°

Moderate Tilt



~40 lb
(18 kg)

45°

Significant Tilt



~49 lb
(22 kg)

60°

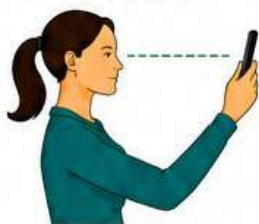
Extreme Tilt



~60 lb
(27 kg)

Figures are approximate and will vary between individuals.
Source: Hansraj, K. et al. Spine. 2014;39:(25):E1564–E1569.

1

BRING THE
SCREEN UP

- Raise your phone or tablet to around eye level.
- Support your arms where possible.

2

CHANGE POSITION
REGULARLY

- Avoid staying in one position for prolonged periods.
- Limit continuous phone use to 15 minutes.
- Put the device down, move around and give your neck and shoulders a break.

3

SET UP TABLETS
FOR LONGER TASKS

- Raise the top of the screen to eye level with a stand.
- Use an external keyboard.

4

THINK ABOUT
PHONE CALLS

- Avoid holding the phone between your shoulder and ear.
- Use speakerphone or a headset for longer calls.



KEY MESSAGE

Small changes in how you position your device and move throughout the day can help reduce neck strain and support long-term comfort.



This information is general guidance and should not replace professional medical or individual workplace advice.