

**Can you  
imagine  
working  
without  
being able  
to use your  
thumb?**

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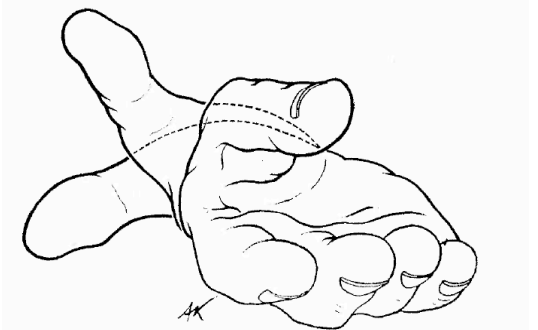
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## **Safe Text Recommendations for Cell Phone Use**



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## 1. Your Thumb

### ➤ Thumbs are amazing

- Thumbs have a great range of movement and flexibility.
- Our ability to use our thumbs separates us from all other mammals.

### ➤ Thumbs are important

- Your thumb accounts for **51%** of your hand's functionality.
- Can you imagine trying to work without using your thumb?

## 2. Safe Text

### ➤ What effect does texting have on our thumbs?

- Texting involves intensive, repetitive thumb use, which are ergonomic risk factors.
- 1 pound of pressure at your thumb tip is 10-12 pounds at the joint at the base of your thumb.
- Too much texting could lead to temporary or permanent thumb damage.
- "BlackBerry thumb" is a repetitive stress injury of the thumb as a result of overusing small gadget keypads

### ➤ What is safe texting?

- Decreasing the duration, the frequency and pressure that your thumb is exerting.

## 3. Your Cell Phone Habits

### ➤ Talking on cell phones or texting is a proven distraction

- It is tempting to talk on the cell phone **when driving**. Studies show cell phone use when driving increases your chance for an accident, even with a hands-free set.
- Just like driving, **riding a bicycle** and using a cell phone is dangerous.

### ➤ Ped-text-strains

- A Chicago emergency room sees victims of texting incidents nearly every day
- Fallen texters injure their faces since they hold the devices close to their faces so that their hands are less likely to break their fall.

### ➤ Texting and sleep

- Unfortunately some users do not put boundaries on texting. This means texting late at night and not getting enough sleep, making a rough next day.
- A good night's sleep is important for paying attention to classes or work safety or any other important daily activity.

## 4. Protect your Thumb and Yourself

- Listen to your thumbs, they are your most important digits. If you have pain texting, change your habits. Otherwise it could lead to permanent thumb damage.
- Don't dial, talk or text and drive or bike, cell phone use is proven to distract.
- Even texting while walking has it's dangers, best to sit or move to the side and text.
- Create boundaries when you text. Give your thumbs and yourself a break.
- Turn off your cell phone to get a good night's sleep. Your friends can leave you a message!

