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

**References**


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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-strians
  - 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!