

Safe use of technology

Your guide

It's not only physical hazards you need to consider when thinking about health and safety issues at work or home — you should also think about how you use technology.

When using a computer, you need to think about:

- ergonomics and posture
- radiation
- vision impacts
- harmful lack of exercise (DVT).

When using a wireless device, you need to think about:

- ergonomics and posture
- radiation
- operation inattention (such as driving).

Wireless devices — smart/mobile phones, tablets, slates, monitors etc — all emit low levels of electromagnetic radiation and should be used correctly.

When using electronic devices, the department recommends you follow WiFi/3G/4G best practice:

- follow the manufacturer's usage guideline
- operate from a table or bench — not on your lap
- use 'hands-free' devices to keep smart/mobile phones away from your head and body during phone calls
- limit the number and length of calls
- position the device antenna away from your body
- do not sit within 0.5 m of a wireless router
- use smart/mobile phone in areas of good reception to reduce exposure.

For more information

- Australian Radiation Protection and Nuclear Safety Agency
- World Health Organization
- Wi-Fi Alliance
- Mobile Manufacturers Forum