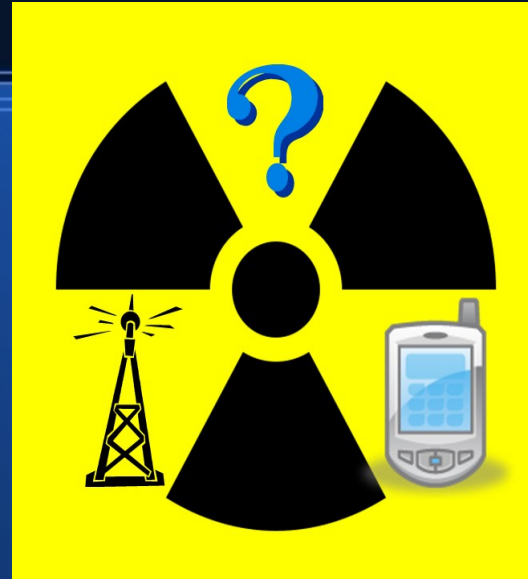


Social Impact on Health on the Use of Mobile Devices

By: Jose Castellon

What's the problem?

- Health Risks
- Social Deprivation
- Stress and Anxiety



Important Terms

Mobile Devices

“Blackberry Thumb”

- Thumbs were not meant for such actions.
- Tendonitis
 - Pain
 - Numbness



Areas of Impact

- Health
- Business and Employment
- Arts, Entertainment, Leisure

How did this happen?

- Endless amounts of time on Blackberry
- “Now”

Stakeholders

- Users
- Teenagers
- Companies
- Health Organizations



Benefits

- Everything gets done faster.
- Always connected, ready.

Why a concern?

- Injuries



Measures

- Taking Breaks
- Some companies have policies/programs.
- Workspace Ergonomics



References

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