

Reducing Health & Safety Risks for iPad users

u3a iPads group 25th August 2023

Discoveries and Queries

1. User's Physical Health

- **Posture** - Are you sitting comfortably?
Risks: pain in neck, shoulders, backs, arms, wrists and hands, fatigue
Solutions: Take short breaks often, rather than longer ones less often - e.g. 5 to 10 minutes every hour is better than 20 minutes every 2 hours. During a break stretch and change posture. Can set iPad's **Alarm Clock** via the pull-down **Control Centre** (if Alarm missing **Settings** > **Control Centre** > **Alarm**).
- **Eyesight** - How can you help your eyes?
Risks: no permanent eye damage but blink 50% less when viewing screens. So long spells can lead to dry eye discomfort, tired/itchy eyes, blurred vision, temporary short-sightedness, headaches.
Solutions: a) Adjust screen brightness via **Control Centre** or **Settings** > **Display and Brightness** > **brightness slider**. Can automatically opt for **Dark Screen** at the time you set for **Night Shift**. Can include **Dark Mode** icon in **Control Centre**.
b) The American Academy of Ophthalmology recommends **20-20-20**, i.e. every 20 minutes shift eyes to look at an object 20 feet away for 20 sec.
To see how much time you spend on your iPad go to **Settings** > **General** > **Screentime**.

2. iPad Physical Health

- **Risk: Battery**. Will iPad battery die after a few weeks/months without use (e.g. while you are on holiday)?
Solution: Charge iPad to 50%, then turn the iPad completely off and store it in a cool area.
- **Risk: Dropped/damaged iPad**. Do you have your docs, photos, etc backed up elsewhere?
Solutions: a) use iCloud via **Settings** > **Profile** > **iCloud Backup**. b) Use memory sticks or other devices.
- **Risk: Lost iPad**. What would you do if you lost your iPad?
Solutions: a) Use **Find My** app on another device (e.g. iPhone). It can make iPad beep - handy if lost in the house. If not expecting to find iPad, notify your bank and the police who will want the iPad's Serial number (**Settings** > **General** > **About**). Maybe screenshot and/or print iPad ID for future ref?
b) Can erase data via **Find Devices** on **iCloud.com**. Click **All Devices** then select the device you want to erase. Need your Apple ID password, etc. Also can create a message that appears on the locked screen of the missing iPad (e.g. your phone number helps if you left the iPad in a meeting).

3. Healthy Social Communication

- **Risks**: Sharing info without realising.
Solution: Take care which organisations you Sign In to or Register with. You can adjust what info you share with Apple via **Settings** > **privacy & security** > **Analytics & improvements**
- **Risks**: Email can be used to verify your existence, to coax you to a fake website, etc.
Solutions: Carefully check sender's email address. Beware clicking links. Use BCC when sending.

4. Leaks & Malware

- **Leak Risks**: In April 2021 half a billion FaceBook profiles were posted on a hacking forum.
Solution: Change your password(s) but for some of the other personal info it is too late. *?invent persona?*
- **Malware risks**: Thieves sell info - DOB, home address, contact details, National Insurance number, credit card details, passwords, etc. Malware includes viruses, trojan horses (fakes), spyware (invisible) and ransomware that encrypts files to prevent access by user. Perpetrators are likely to be overseas.
Solutions: Keep iPad OS up to date. Download apps only from AppStore. Use an antivirus program.
- **Quishing risks**: A new scam uses fake QR codes on parking machines, restaurants, etc.
Solution: Check the QR code is 'integral' not stuck on over the original.

5. Climate Change

- **Green Risks**: Does going digital endanger or help save the planet?
- **Electricity** for keeping the internet alive. It is estimated that training of GPT-3, a predecessor of ChatGPT, consumed 1,287 MWh, and led to emissions of more than 550 tonnes of carbon dioxide = approx 550 return flights between New York and San Francisco.
- **Water** for keeping Servers cool - e.g. GPT-3 used 500ml water (standard water bottle) for every 20 q+a.
Solutions: Going green requires a 'whole system' end-to-end evaluation of impact on planet. Is it possible?

NB Risks are part of life's rich tapestry - and are often quite low.

Next iPads meeting at **2pm** on **Friday 22nd September** 2023