



STRENGTHENING SIRE

Tablet Comfort Guide

OCIMF has sourced and tested the best tablet for SIRE 2.0 inspections, and there are things you can do to be comfortable when you work with it.

As well as technical selection and user-testing, the tablet has been assessed by an ergonomist – a health professional specialising in how people and equipment interact.

The explosion-proof certified device is the size of a book (237 x 156 x 22 mm) and weighs less than 1kg. For average users this is an acceptable weight to carry around, and there are things we can do to stay comfortable and avoid injuries.



The 'obvious' way of using the tablet may not be the most comfortable over time.



AVOID THIS

1

Attaching the shoulder strap to the top of the tablet makes it difficult to see the screen and stops you raising the tablet up to eye level, putting pressure on your neck.

2

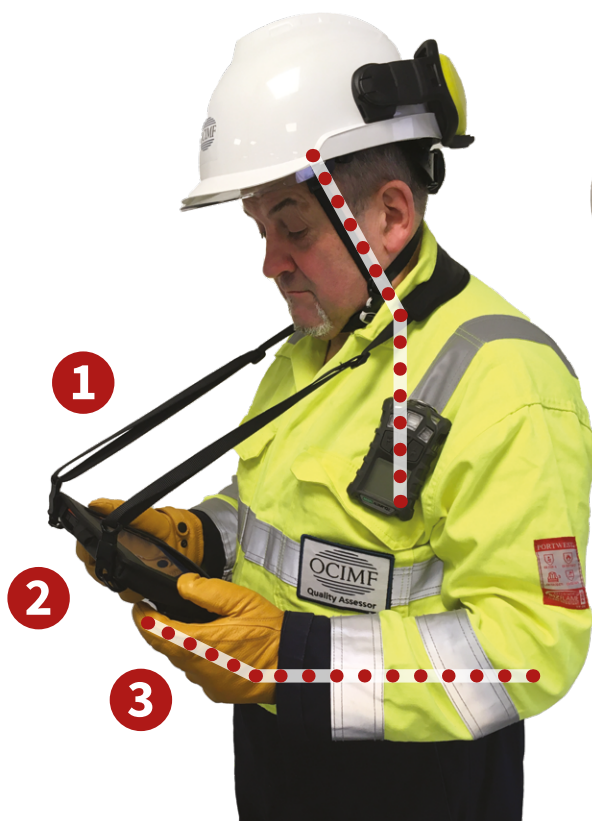
Holding the tablet low in front of you can lead to an uncomfortable neck bend.

3

Holding the tablet in a 'pinch' grip, puts a deviation in the wrists and puts pressure through the thumbs, which is uncomfortable over time.

4

Stowing the tablet in front when not in use can cause it to swing and catch on equipment.



Attaching the strap to the top of the screen can make it hard to see and make your posture uncomfortable.



1

Try to hold the device at eye level. Move your eyes to look down, rather than bending your neck.

2

Use the shoulder strap. Attach at the bottom of the screen and lift the tablet up to view.



Using a 'pinch grip' puts an unnatural angle and pressure through hands and wrists which can be uncomfortable over time.



3

Use the hand strap on the case to place wrist and arm in a natural position.

- When holding or typing, keep wrists relaxed, straight and in a neutral grip.
- Alternate between thumb and fingers to type. Use a stylus, especially when wearing gloves.
- Use the voice recorder to reduce typing on the move.



Avoid stowing the tablet at the front, where it can swing or catch on equipment.



**TRY
THIS**

1

Place shoulder strap diagonally across the body when not in use.

2

Stow behind you to avoid swinging and catching.

Other ways to stay comfortable

- Do the pre-inspection phase before boarding to reduce reading during the inspection.
- Use a keyboard and mouse when you can.
- Where you can, sit to enter data with the tablet propped on a surface.



See what works for you

This brochure gives some ideas for staying comfortable.

A detailed guide is also available:

<https://www.ocimf.org/document-library/818-sire-2-0-ergonomic-guidance-for-using-an-inspection-tablet-version-1-0/file>

Remember that every person is different, so experiment and find what is comfortable for you.

Please give us your feedback

Your feedback on the tablet, ergonomics and any other aspect of SIRE 2.0 is always welcome. Inspectors can give feedback through the Suggestions for Improvement (SFI) Portal, which you can access on the inspector SIRE user account. There you'll find a specific area for reporting ergonomic issues relating to the inspection tablet.

Instructions for using the SFI Portal can be found here:

<https://www.ocimf.org/document-library/sire-2-0-instructions-for-entering-data-into-the-suggestions-for-improvement-portal-version-1-0>



Oil Companies International
Marine Forum
ocimf.org

29 Queen Anne's Gate
London SW1H 9BU
United Kingdom

Telephone +44 (0)20 7654 1200
Email enquiries@ocimf.org