

Attendance of 10 positions is strictly forbidden to place the phone

Please join us in 10 locations to absolutely forbid to place the phone in the article below!

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In today's modern life, **mobile phones** are things that cannot be separated from each other. And the number of people in the world using mobile phones is increasing every day. We often bring our phones with us, even when taking a bath and going to sleep. However, not everyone knows how to use them properly and safely.

Most people are comfortable putting phones there, actually there are many positions that not only harm health but also affect your phone. Therefore, we have created a list of **10 locations that absolutely prohibit placing phones** to keep you healthy. Invite people to consult!

1. Back pocket pants



Everyone must feel that leaving the phone in the back pocket is very convenient, isn't it? However, leaving the phone in this position will face some problems:

1. Phones with touch screens not only respond to fingers. Therefore, when leaving the phone in the back pocket, it is easy to mistakenly dial the emergency number and you don't even know who you called. **30% of calls to emergency numbers are accidental** .
2. Do you often feel **pain in your stomach and legs** ? This may also be the reason you leave your phone in your pocket later.
3. **Easy to lose or damage the phone when sitting down** .

2. Front pants pocket



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Men rarely carry bags, so they usually put the phone in the front pocket. This can affect male health. Studies have shown that electromagnetic radiation from phones will **affect sperm quality and quantity** . The longer the phone is in the front pocket, the greater the danger.

3. In the bra



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In medicine, there is no clear conclusion about whether radiation emitted from mobile phones causes cancer. But according to some scientists, **placing the phone in a bra increases the risk of breast cancer** . So, it's best not to put the phone there.

4. Next to the hip



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According to the study, carrying a phone near your thigh will make your hip bones become weak and weak. So to protect your hip bone, put the phone in another bag.

5. Face to face



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Do not place the phone close to your face when listening to the phone . Because when pressed close to the face, bacteria from the screen and phone buttons will move to the skin and radiation from the phone will affect your health. Ideally, place the phone at least 0.5 - 1.5 cm from the face when talking on the phone.

6. On the charger



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Of course, phone charging does not harm your health (except electromagnetic radiation if you are near). But better yet, **don't let your mobile phone charge overnight** . This can shorten the phone battery life and reduce battery performance.

7. Places with low temperatures



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If it's cold and the outside temperature drops below 0 degrees Celsius, take care of your phone. Do not leave it on the street or in the car for too long. The difference in temperature is very harmful for electronic devices.

When bringing the device back to a warm place, **condensate air can lead to problems in the details inside the phone** . If you often go out in the cold season, buy a "warm" phone case.

8. High temperature place



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High temperatures also harm electronic devices. In hot weather, you should not leave your phone in the car or on the beach. Also, it's better not to leave it next to the oven.

9. Baby stroller



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When in a hurry, mothers often put their phones in the trolley. Some studies have shown that this action is not safe. The effects of the phone on children are the cause of some behaviors such as **hyperactivity** and **attention reduction** (ADD).

10. Under the pillow



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Do not leave the phone on the bed or under the pillow because:

1. While sleeping, some new messages will appear, making the screen light up. This light will affect the production of melatonin in the body. It will **harm your sleep and your health** .
2. For a long time, **electromagnetic radiation** will cause dizziness and headaches.
3. When you charge the phone under the pillow, **the phone may explode and cause a house fire** . Charging the battery will cause the phone to heat up and when it is covered by a pillow, heat that cannot escape as a hot pillow can cause a fire. The best way to charge is to leave your phone away from you, away from your bed and away from others.

You might think that these tips seem ridiculous and bizarre but health is first. So share this with your friends and relatives.

Where do you usually put your phone? Let us know in the comment section below!

Refer to some more articles:

1. 6 clear signs that your phone is hacked
2. 16 tips to help your life rise to a new level
3. 11 daily habits silently destroy health without you knowing

Having fun!

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