

# Ergonomic Guide for Keyboard & Mouse

Having the proper typing position or posture can allow the user to type faster, reduce fatigue, but most importantly, prevent common conditions like carpal tunnel syndrome and other musculoskeletal disorders (MSDs). When positioning your keyboard, keep in mind that you want to reduce unnecessary strain in your fingers, wrists, arms, and shoulders by having them in a neutral and relaxed position as much as possible. When typing, your wrists should not be resting, but held up in line with the backs of your hands to reduce strain to your wrist that may result from using at unnatural angles. Neutral posture allows you to move your arms to reach the keys, rather than stretching your fingers to reach them. Aches and strains caused by typing may also be reduced by typing more gently (avoid banging the keys). Below are some tips for a proper typing posture.

## Proper Typing Posture

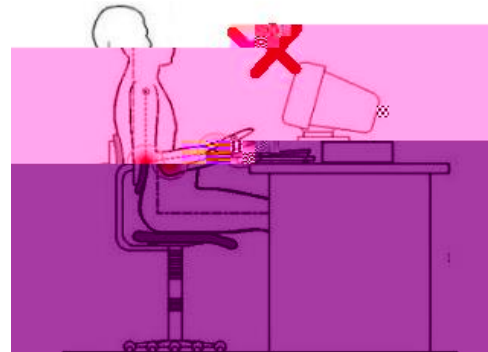


## Tips for a proper typing posture:

- x Keyboard should be flat on desk or sloping gently away from you (negative tilt)
- x Resist resting your wrist on the desk, which puts pressure on your tendons and cuts off blood circulation
- x The middle finger should be aligned with the middle of your monitor
- x Place keyboard just below elbow height
- x

, neither flexed upwards or downwards

## Ideal typing position



Images from Cornell University

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