

1 Minute



4 Safety

Keying and Mousing Technique

...pivoting forearms >> floating hands



Good keying/mousing technique reduces stress on the wrists, arms and elbows & minimizes static loads on the shoulders. Here are 3 good options, and one to **AVOID!**



OKAY: Float your hands/arms while keying and mousing low over your lap w. tray tilted down ...sloped away from you



OKAY: Pivot your mid-forearms on chair armrest or work surface and float hands while keying



OKAY: Avoid putting pressure on the wrists or the elbows by using a padded forearm rest...spreads support over a wide area of the forearm where tendons/nerves are well-protected



AVOID planting or resting the wrists while keying

For more information, contact the Ergo Team x6848 or ergo@lbl.gov