



Ergonomic Keyboards and other Helpful Devices

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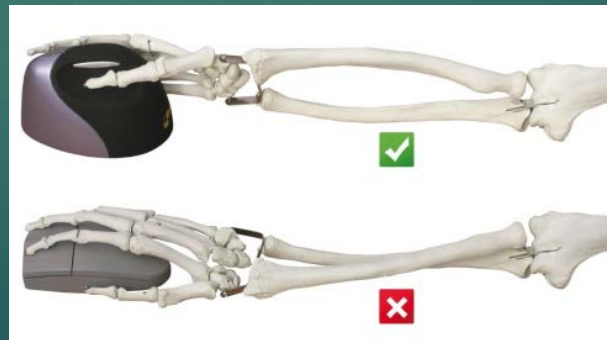
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What is an ergonomic keyboard and mouse?

- ▶ **Ergonomic keyboards** are designed to reduce stress to the wrists and hands by allowing the hands to assume a more natural position when typing. This is achieved through a countered design that rotates the hands to a more vertical position. Additionally ergonomic keyboards are wider or sometimes offered in a split design, allowing the user's arm to be straight rather than angled in as a standard keyboard requires. Some manufacturers may include a negative tilt option, additional padding for the palms, offset keys and other enhancements designed with the intent to reduce the likelihood of a Musculoskeletal Disorder (MSD).



- ▶ An **ergonomic mouse** also strives to reduce stress in the wrist and forearm by allowing the arm to rotate to a natural vertical position and are specially designed to allow for comfortable placement of the hand.



Highly Rated Ergonomic Keyboards

▶ Kinesis Advantage



▶ Microsoft Sculpt Ergo



▶ Kinesis Freestyle 2



▶ Microsoft Natural 4000



▶ Goldtouch V2 Adjustable



Highly Rated Ergonomic Mice

- ▶ Anker 2.4G Wireless Vertical Mouse



- ▶ Microsoft Sculpt Comfort Mouse



- ▶ Evoluent Vertical Mouse 4



- ▶ Logitech M570 Wireless Trackball



- ▶ Kinesis DXT Vertical Mouse 2



Other helpful items

A document holder is useful in reducing the amount of head turning required. Position the document holder next to and at the same height as your monitor.




A palm/wrist pad will provide extra comfort if you are prone to planting your wrists or palms on your desk as you type.



Footrests may increase comfort and lessen fatigue by reducing strain and fatigue on legs, back and neck from long hours at your desk. Many footrests have the ability to have multiple tilt and height variations which will assist in healthier positioning of the legs.





If you would like an ergonomic assessment of your work area contact:

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