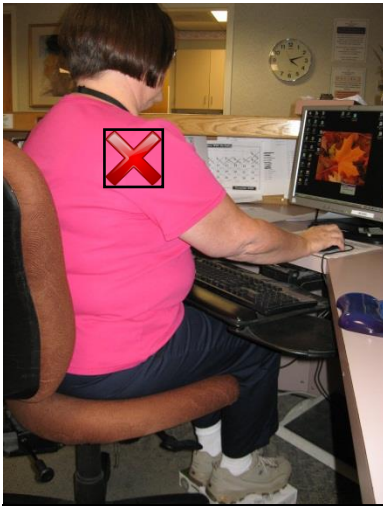




## MOUSE USE ERGONOMICS

Working with the elbow away from the body, the shoulder elevated, reaching forward or out to the side and bent wrists are awkward postures. Awkward postures can be problematic if they are sustained or frequently repeated. These postures may be affected by the location and use pattern of non-keyboard input devices such as the mouse. Body size, arm length and workstation configuration may also affect arm postures while using the mouse.

### Examples of awkward postures



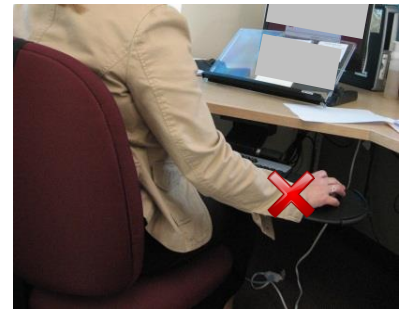
#### Mouse too high

- Shoulder elevated
- Arm reaching forward
- Elbow away from body



Chair arm in the way and mouse too far from keyboard

- Shoulder rotated outward
- Arm reaching forward
- Wrist very bent

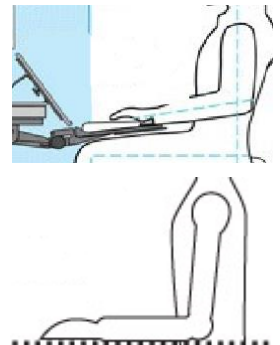


#### Mouse too low and too far

- Elbow away from body
- Wrist bent up

### Strategies to improve arm and wrist postures

1. Provide access to the mouse and keyboard at about elbow height.
2. Use keyboard commands rather than mouse clicks.
3. Hold the mouse loosely rather than pinching or gripping it.
4. Place mouse close to keyboard.
5. Keep your wrist straight and use your whole arm to move the mouse rather than just the wrist.
6. TRY THE MOUSE ON THE LEFT SIDE OF THE KEYBOARD. There is no number pad and therefore less reaching.



## Examples for improving mouse position and postures

### *STRAIGHT (NEUTRAL) wrist position*

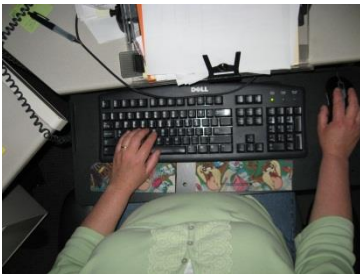


- With the feet supported and the thighs about parallel to the floor, the arms should be relaxed and next to the body.
- Wrists should be straight (not bent up, down or to the side) when using the mouse or keyboard.

### *REDUCE the reach!*



- Position the mouse at or slightly below elbow height and next to the keyboard.
- Use keyboard shortcuts to reduce the frequency of reaching to the mouse.



- Place the mouse as close to the keyboard as possible.
- The keyboard/mouse surface should be 26-30" wide to accommodate both the keyboard and mouse.

### *If the arm is still away from the body, consider:*



- A keyboard without an attached number pad on the right. This makes room for the mouse to be accessed without reaching over the number pad.



- Placing the mouse to the left side of the keyboard. Since there is no number pad, mouse use does not require any reaching.