

4 Common Keyboard Myths & Facts

Myth #1: If you don't type that much you can't become injured.

Fact: Over time, you can develop a repetitive motion injury. That's why it's so important to properly position your equipment. Varying your typing tasks with other duties can help too.

Myth #2: Typing forcefully offsets injuries.

Fact: Typing too hard puts unnecessary pressure on the nerves and tendons in your hands and fingers. Always use the lightest possible finger pressure when keyboarding.

Myth #3: A laptop keyboard is designed for long-term use.

Fact: Laptop keyboards are small and close to the screen, which may create awkward hand and wrist positioning while typing. If your laptop is your primary computer, consider using a separate keyboard and mouse.

Myth #4: Using a wrist rest while you type can help prevent carpal tunnel syndrome.

Fact: Pain and injury can develop from what's called "contact stress," when your wrists or forearms rub against or rest on a hard wrist rest or the leading edge of a workstation table or desk. Adjust your workstation to prevent contact stress. Elevate your wrist above the wrist rest while typing.

When resting, the pad should contact the heel of your hand, not your wrist.



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• 3 Steps to Safety



• Keyboard Comfort Tips •

1. Keep wrists straight, each elbow forming a right angle

2. Use a soft typing touch

3. Take breaks to stretch

• 3 Steps to Safety

Position It Right

Keeping your keyboard within easy reach in a comfortable position can help prevent pain and injury. Why? Continuous work at a computer can expose soft tissues in the forearm, wrist and hand to repetition, awkward postures and forceful exertions. **Keyboard comfort checklist:**

- **Sit close** to your keyboard. Place it directly in front of your body to avoid extended reaching.
- **Adjust the keyboard height** so that your shoulders can relax and your upper arms can hang comfortably at your sides. Your forearms should be parallel to the floor. Keep your hands and wrists straight while typing.

- **Tilt your keyboard** to help maintain correct wrist position. (Most keyboards have a mechanism to adjust the tilt.) If you lean forward as you type, tilt your keyboard back. If you sit back, tilt it forward.



- **Place the mouse** adjacent to and at the same height as the keyboard.
- **A wrist or palm rest** can increase comfort. While opinions vary, proper use has been shown to reduce muscle activity and facilitate neutral wrist positions.

GOOD STRETCH FOR WRISTS
Hold one arm straight out in front of you. Pull the hand backward gently with the other hand, then pull downward. Hold each pull for 20 seconds; relax and repeat both pulls three times each. Repeat for other hand.

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