Quick Tips for Keyboard / Mouse Use

- Keep wrists in straight or in \textit{neutral} position. Avoid planting wrists on wrist rest or other surface.
- Keep elbows open- at an angle greater than 90\degree.
- Keep keyboard and mouse at same level to avoid overextending the arm.
- Avoid pounding on the keyboard. Use a light touch when keying.
- Avoid prolonged or excessive grasping of mouse.
- Consider using keyboard shortcuts to repeat common tasks.
- Take mini-breaks.

Risk Factors