Looking After Your Wrists and Hands



Practical ways to reduce strain and help prevent discomfort and injury when using a keyboard and mouse.

Get your set-up right first: | Adjust your sitting height so your elbows are flexed at 90–120° and your shoulders are relaxed.

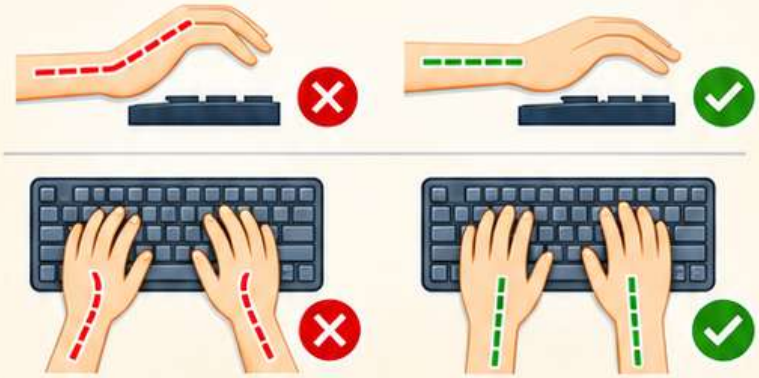
1 Position your keyboard

Keep it directly in front of you, close enough to avoid reaching, with space in front for your hands.



2 Keep your wrists aligned

Aim for a comfortable, neutral wrist position when typing and using the mouse. Avoid prolonged bending upwards, downwards or sideways.



3 Position and use your mouse

Keep it close to the keyboard and in line with your shoulder. Use a relaxed, light grip.



4 Develop good typing habits

- Use touch typing (with all fingers) rather than two-finger "pecking".
- Use a light touch on the keys (avoid striking them hard).



5 Vary your activities

Take regular short breaks and alternate tasks throughout the day.

KEY MESSAGE

Small adjustments to your workstation and working habits can make a big difference to hand and wrist comfort.

ERGONIX | www.ergonix.co.uk | info@ergonix.co.uk | 0207 101 3203 |

This information is general guidance and should not replace professional medical or individual workplace advice.