All keyboards should be tilted away from you with a negative tilt to keep your wrists in neutral posture. Do not extend the legs on the keyboard.

- The keyboard should be at approximately elbow height with upper arms resting at your side. Forearms, wrist, and hand should be in a straight line.
- If your keyboard is not adjustable or is too low, use a pad of paper or some books to raise it up as a quick, temporary fix.
- The keyboard should be directly in front of you. Place the "B" key in front of your belly button.
- Keep your wrists floating while you type, but support your forearms (e.g., on your armrest). Lack of forearm support creates constant shoulder and neck tension.
- Use a full size, detached keyboard when using a laptop for extended periods of time.

**Keyboard and Mouse Wrist Rests**

A wrist rest should be at least as wide as the usable portions of the keyboard and should match the shape and the height of the keyboard.

- A keyboard fitted with a wrist rest supports the heel of your hand and minimizes hand contact with sharp table edges.
- Avoid digging the heels of your palm or wrist into a wrist rest, the sharp edge of the desk, a watch or a bracelet.
- The wrist rest is a rest, not a parking lot. Don’t keep your wrists on the wrist rest while you are typing.

**Alternative Keyboards**

Conventional keyboards place your hands much closer together than your elbows, causing ulnar deviation (bending the wrist sideways toward the little finger).
• Alternative keyboards are split either horizontally or vertically to reduce wrist ulnar deviation.

• A vertical split keyboard keeps the wrist in a neutral handshake posture; however, the user must be a touch typist.

• Although split keyboards improve posture, risk factors such as duration, repetition, and forceful typing may still exist.