

Ergonomics Hand Posture Tips

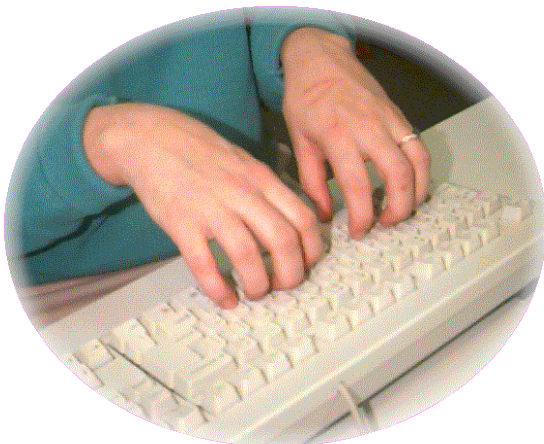
Prepared by Albert Moore, MS, CIH, CPE, CLSO

Photography by John Garner Hand modeling by Kathy Warwick

Keep these animals in the zoo, not at your desk!

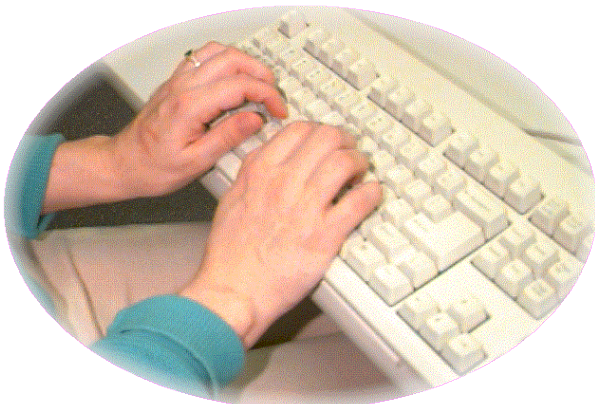
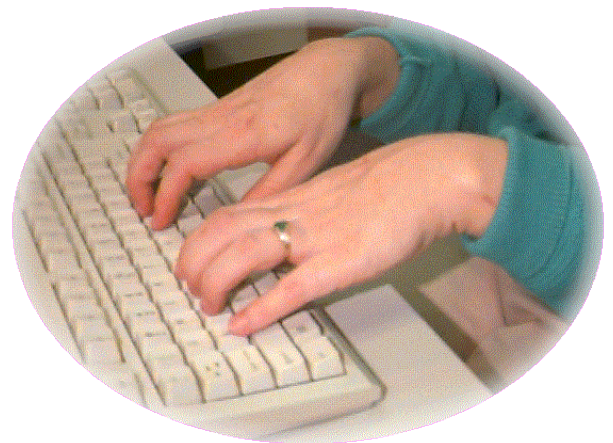
Cat

Retract those claws!



Crab

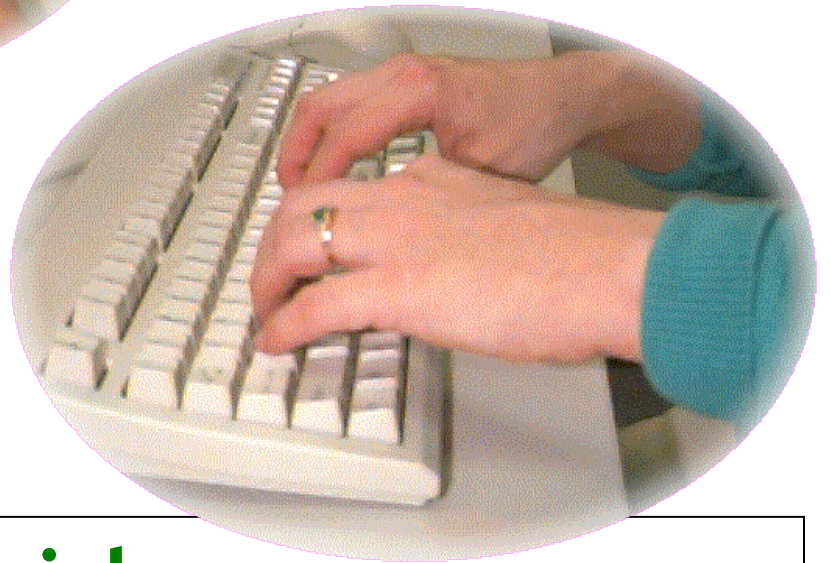
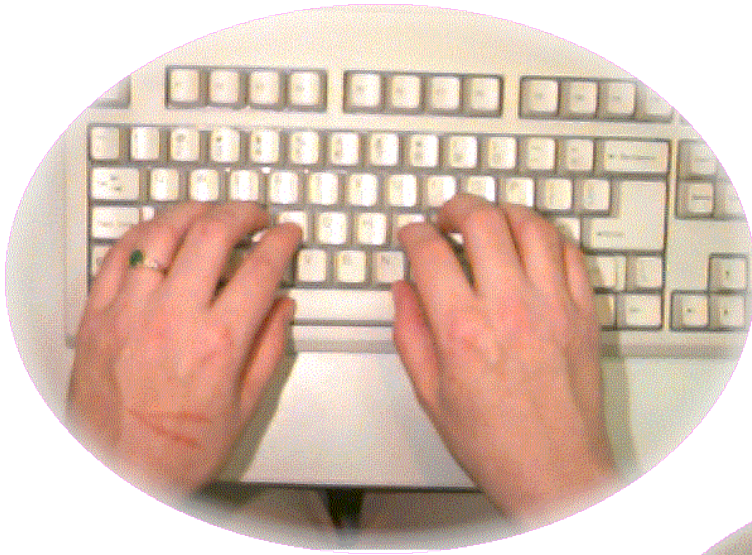
Don't get pinched!



Cobra

This posture is poisonous!

Safer postures for keyboarding



Reduce your risk.

Adjust these while you are keyboarding:

Posture—keep wrists straight and arms near your sides

Frequency—use software to automate repetitive keying tasks

Duration—take a short break every hour

Force—strike the keys with only as much force as needed