Ergonomics
Hand Posture Tips

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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