Keyboard and Keyboard Trays

- All keyboards come with a tilt adjustment toward you. If you feel more comfortable with the keyboard tilting away from you, prop the front end of the keyboard to create a “negative tilt”

- The height of your keyboard depends on the height of your work surface and chair. It should be low enough so your upper arms are relaxed at your sides.

- Hands/wrists should be neutral while typing. Wrists should be floating while you type, but elbows should be supported.

- Keystroke pressure should be comfortable, no forceful typing.

- Alternative keyboards, such as split keyboard, reduce ‘ulnar deviation’ (bending the wrist sideways towards the little finger).

- Wrist rests provide support during breaks and remind you to keep your wrist straight or just slightly bent. Wrist rests should be firm but comfortable.

- Keyboard trays should be a minimum of 26” wide to fit both the keyboard and mouse. It should also adjust vertically and should be a minimum of 22” to 28” from the floor.

- You should be able to adjust the keyboard tray and lock it into place without using any knobs to tighten as these tend to get tightened and stripped.

- If going from a fixed height work surface to a keyboard tray be sure to make necessary adjustments to your monitor and chair.