Mouse

- The mouse is designed to fit the contours of your hand and should have a comfortable shape.

- Since the keyboard and mouse are used together it should be as close as the keyboard is and within easy reach.

- If using a keyboard tray, it should accommodate both the keyboard and mouse/mouse pad.

- The mouse pad should allow for easy movement.

- If using a trackball it should be sized for your hand. It is best positioned close to your body and possibly at an angle. Be sure to alternate fingers while using the trackball. Avoid trackballs that use the thumb to roll the ball.

- Move your hand to a relaxed position when not using the mouse.