

# Keyboard



- 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



- Alternate keyboards, such as split keyboard, reduce ‘ulnar deviation’ (bending the wrist sideways towards the little finger).
- Wrist rests provide support during breaks and reminds you to keep your wrist straight or just slightly bent. Wrist rests should be firm but comfortable.