Office Ergonomics
Hand Posture Tips

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

Cat
Retract those claws!

Cobra
This posture is poisonous!

Crab
Don’t get pinched!
Safer postures for keyboarding.

Reduce your risk.

While you are keyboarding be aware of

- **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