Typing & Mousing

Do's and Don'ts

Keep your touch light and easy

Type and mouse with straight wrists





Take frequent breaks





Keep your keyboard and mouse within close reach

Do

Don't



Don't use excessive force when you type or mouse.



Don't twist at your wrists (Ouch!)



Don't rest your wrists when typing or mousing (use whole hand & arm movements)



Don't use your laptop without an external keyboard & mouse

pbe