

Troubleshooting Wrist Discomfort

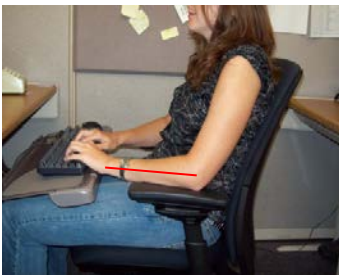
Guideline

Issue Date: 6/12/18

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Are your elbows bent so they are at the same height as your wrists?

Correct Posture



Hands are getting good blood supply.

Incorrect Posture



To correct, raise chair height or lower keyboard and mouse.

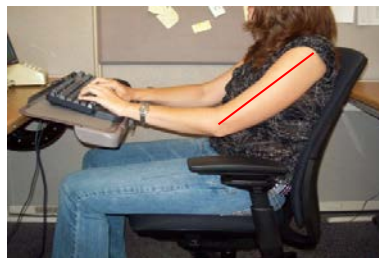
Are your upper arms resting comfortably by your sides and NOT reaching forward?

Correct Posture



Back and shoulder blades are relaxed.

Incorrect Posture



To correct, move keyboard and mouse closer.

Are your arms able to rest on chair armrests during pauses in your work?

Correct Posture



The weight of your arms is supported by the chair and **not** by your neck muscles.

Incorrect Posture



To correct, adjust armrests to support arm weight.