Troubleshooting Wrist Discomfort

Standard Operating Procedure

Date: 06/12/17
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Are your wrists straight when typing, not bent upward or downward?

Correct Posture

Incorrect Posture

Wrist are in neutral posture.

To correct, readjust keyboard tray angle or height or put keyboard feet down.

Are your wrists straight when typing, not bent to side to side?

Correct Posture

Incorrect Posture

Wrist are in neutral posture.

To correct, use a split keyboard.

Are your wrists floating over your keyboard and mouse without anything pressing on the wrist?

Correct Posture

Incorrect Posture

The pressure is off the nerve.

To correct, remove wrist supports or rest arms on chair armrests.