

Troubleshooting Wrist Discomfort

Guideline

Issue Date: 6/12/18

Revision Date: 7/17/18

Are your wrists straight when typing, not bent upward or downward?

Correct Posture



Wrists are in neutral posture.

Incorrect 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



Wrists are in neutral posture.

Incorrect Posture



To correct, use a split keyboard.

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

Correct Posture



The pressure is off the nerve.

Incorrect Posture



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