

# Prevent REPETITIVE STRAIN AT THE KEYBOARD



If rapid motion on a keyboard is what your day's all about, then straight back, wrist, and hand posture are the keys to your on-going comfort. When you find the right position, your muscles and back remain unstressed and flexible, so your wrists and hands don't have to overwork.

## Sit Up Straight

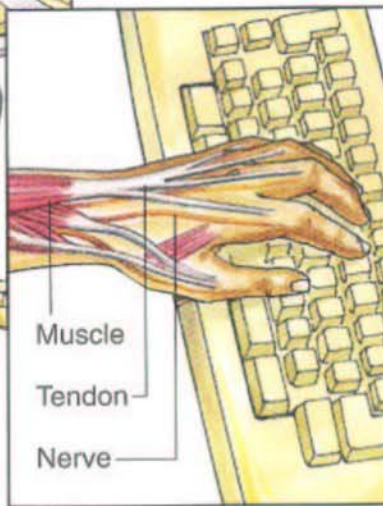
Your posture at your workstation affects the position of your wrists and hands. Why? If you lean your body forward (**flexion**) or backward (**extension**), or if you slouch, your wrists and hands adapt by becoming flexed or extended, too. This means that the nerves, muscles, and tendons that support your wrists and hands become tense and strained.



**Ideal posture** includes sitting up straight in your chair, muscles relaxed, with your body tilted slightly back.

## Keep Your Wrists and Hands Straight

Each time you touch a key, **nerves** (electrical messengers) tell **muscles** and **tendons** in your wrists and hands to move your fingers. When you work with straight wrists and fingers, these nerves, muscles, and tendons stay relaxed and comfortable. The result: You're less likely to develop the strains and pains that may be associated with keyboarding.



**A straight wrist** is level or flat. This position keeps extra pressure off muscles, tendons, and nerves in your wrist and hand.



Don't flex your back.



Don't extend your back.



**Flexing your wrist forward** tires muscles and tendons more quickly.



**Extending your wrist backward** can strain muscles and tendons.



**Twisting your wrist sideways** may damage nerves and tendons.

