

Keyboarding Ergonomics

BUYING GUIDE Keyboard Platforms

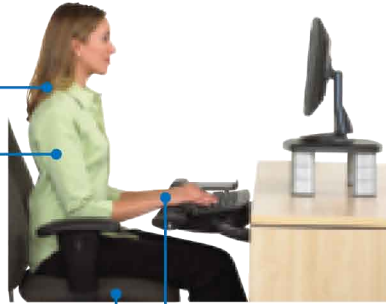
If you spend several hours a day at the keyboard, it's important to pay attention to proper ergonomics. For the most comfortable body positioning follow these suggestions:

Head, neck and shoulders are positioned forward and upright

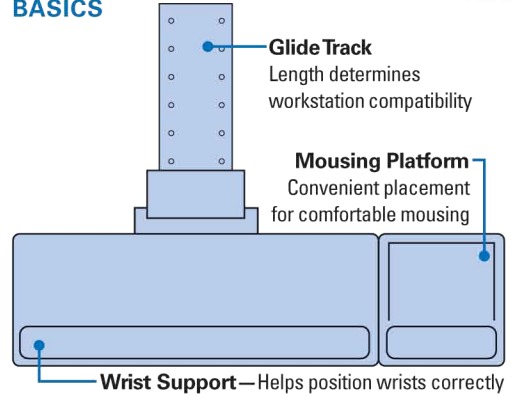
Shoulders and arms are roughly perpendicular to the floor; elbows are held close to the sides

Adjustable keyboard tray and chair allow ample clearance between thighs and keyboard tray

Keep hands and wrists in a straight line with forearms



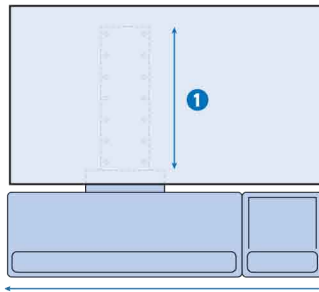
KEYBOARD PLATFORM BASICS



HOW TO SELECT THE RIGHT KEYBOARD TRAY/DRAWER

1 DETERMINE COMPATIBILITY

What is the maximum glide track length and keyboard/mousing platform width your workstation can accommodate?



1 Glide Track Length

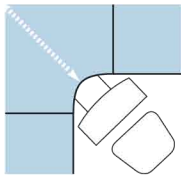
Measure your desk depth to ensure that glide track will fit. Glide track length must not exceed desk/workstation depth.

2 Keyboard and Mouse Tray Width

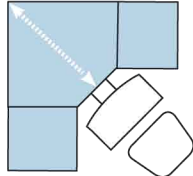
Measure your desk/workstation width to ensure that it will accommodate the total keyboard and mouse tray width.

2 DETERMINE WORKSTATION TYPE

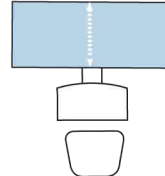
Do you have a corner, straight or L-shaped workstation? Choose the icon below which best matches the shape of your workstation. The icons will appear beneath the product photography throughout the section to help you quickly identify keyboard drawers/trays that will fit your workstation type.



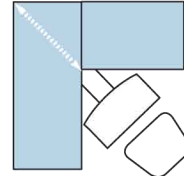
21" or more Curved Corner Workstations



21" or more Corner Workstations



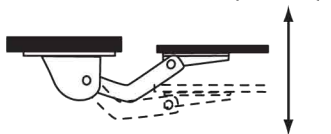
17"–23" Standard-Depth Workstations



21" or more 90 Degree Angle Workstations

3 DETERMINE THE LEVEL OF ADJUSTABILITY NEEDED

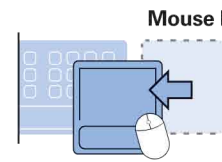
Most keyboard drawers/trays have adjustable features to help you position your keyboard at a height and angle that is most comfortable for your body.



Keyboard Tray Height Adjustment
Automatic or manual lock.

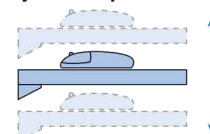


Keyboard Tray Tilt Adjustment
Positions keyboard at a negative tilt.



Horizontal—Platform can be positioned over numeric keypad.

Mouse Platform Adjustability



Vertical—Platform can be lowered and raised for maximum comfort.