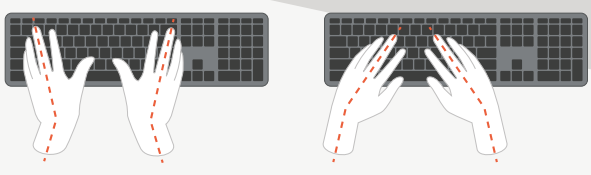
MOUSE AND TYPE SAFELY TO AVOID WRIST PAIN

ZONE 2
AVOID WRIST PRESSURE

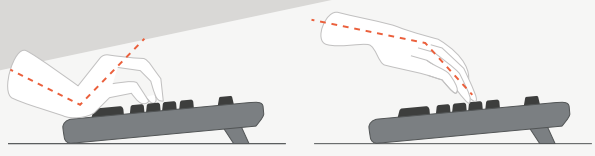
Typing on a keyboard or mousing can cause pain and discomfort to your hands, wrists, arms and shoulders.

Our guide below provides tips on how to maintain proper typing and mousing techniques, promoting wrist health and helping ensure lasting comfort.

HOW NOT TO TYPE

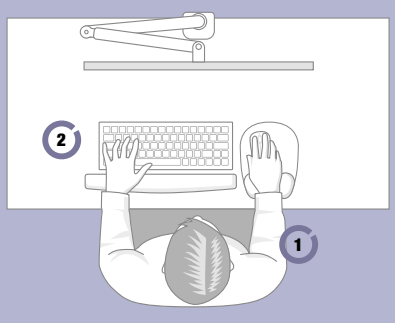


Don't twist your hands

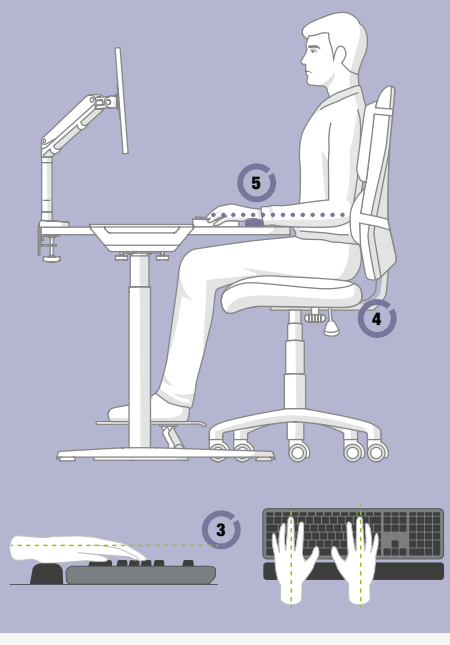


Don't bend your hands

HOW TO TYPE CORRECTLY

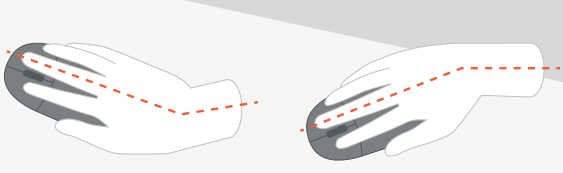


1. Your shoulders and arms should be relaxed, and your arms positioned in-line with your shoulders.
2. Your keyboard should be positioned about 5 - 10cm away from the edge of the desk.

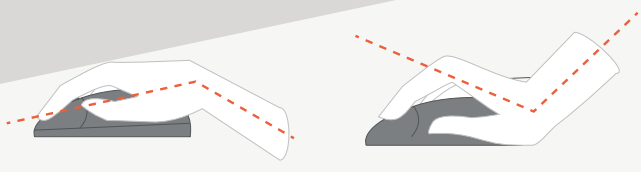


3. Use light touches on the keys and rest your palms on the desk or wrist rest when you are not typing.
4. Adjust your chair height so your arms are horizontal with the desk and your elbows are at roughly a 90˚ angle.
5. Rest your palms on the desk or wrist rest when you are not mousing.

HOW NOT TO USE A MOUSE

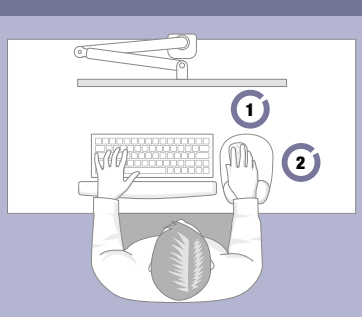


Don't twist your hands



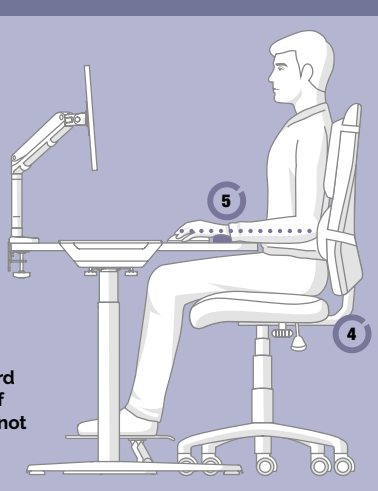
Don't bend your hands

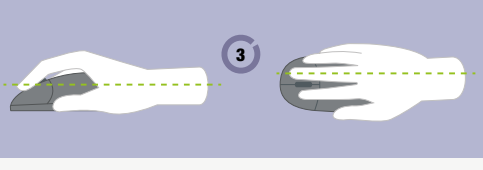
HOW TO USE A MOUSE CORRECTLY



1. Place your mouse in line with your shoulder and elbow (or as close as possible to reduce stretching).

TIP
A compact keyboard can help with this if the number pad is not regularly used.





2. Your mouse should be positioned about 5 - 10cm away from the edge of the desk.
3. Ensure your wrist is in a neutral position, when mousing. A wrist rest can help you achieve the correct position.
4. Adjust your chair height so your arms are horizontal with the desk and your elbows are at roughly a 90˚ angle.
5. Rest your palms on the desk or wrist rest when you are not mousing.

WHY DOES IT MATTER?

In 2022, almost **a third** of employed people in the EU reported using digital devices for the **entirety or most of their working time**[1]

In a survey conducted by Fellowes **20%** of respondents **suffered from sore wrists whilst working at their workstation**[2]

VIEW OUR RANGE OF ERGONOMIC ACCESSORIES DESIGNED TO HELP PREVENT WRIST PRESSURE.

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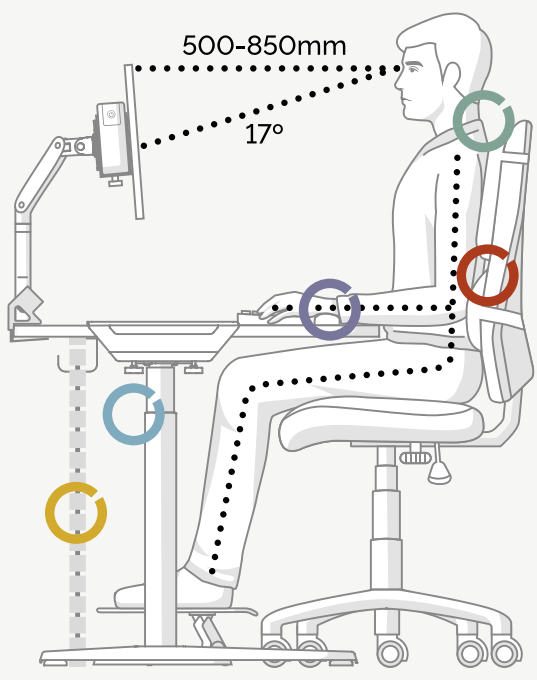
Click for more information on The Fellowes Workspace Zone Approach™



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[1] https://ec.europa.eu/eurostat/web/products-eurostat-news/w/ddn-20230627-1
[2] Fellowes commissioned research, 2025