

→ Zone 2 - Keyboard & Mouse

Typing and Mousing for an average of 8-hours a day without the correct support can put strain on the median nerve and result in Carpal Tunnel Syndrome. Wrist and Palm supports promote a neutral posture which redistributes painful pressure points to ensure maximum support.



Ergonomic Tips & Solutions

- Always use palm support products to help eliminate risk factors.
- Position your keyboard and mouse CLOSER to your body.
- Position your Keyboard flat.
- Keep your forearms approximately parallel to the floor with elbows at a 90-110° angle and keep the hand position level with or below the elbow position.

DID YOU KNOW?...

- 1 in 30 people suffer from Carpal Tunnel Syndrome (a repetitive strain injury condition), throughout Europe.¹
- The average lifetime cost of Carpal Tunnel Syndrome diagnosis is \$30,000

¹ www.bupa.co.uk

² www.hand-consultant.com

Relieves Wrist Pressure

