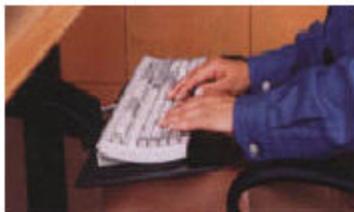


## Keyboard Tilt

What is the best angle for your keyboard?



If you look at your keyboard, you will probably notice a slight 15° upward tilt of the keyboard. This tilt exists because the fingers tend to curl naturally when the wrist is *slightly* extended upwards.

Beyond 15°, however, circulation to the fingers is compromised. The pressure within the carpal tunnel increases at angles greater than 15° of wrist extension. Some people tend to put their keyboard at extreme upward angles. This is usually because their keyboard is too far away from them and they rest their wrist on a surface in front of the keyboard while extending the fingers to type. To reduce this, the keyboard should be almost in the lap of the user and the hands should float over the keyboard during typing and rest on a soft surface when not typing. Your arms should relax by your sides while typing.

Some people favor the negative tilt because it reduces finger extension – where the fingers fly upwards as they use the keys. Using the fingers downward on the keyboard is much less stressful than using the fingers upward.



If a negative tilt is used, the elbow angle should be greater than 90°.

You can play with different positions on your keyboard tray. There is no one angle that you should use all the time. The best posture is the next posture – changing postures is good. The newer trays are designed to adjust without turning lots of knobs or pulling on levers. Examples of these trays are located in the Ergonomics Demonstration and Resource Room.

If you have a dual height adjustable table, the lower level usually has knobs that can be loosened so that the tilt can be adjusted. Most height adjustable tables have keyboard surfaces that tilt forward and backward.