

# The ultimate guide to computer mouse ergonomics



## The human hand is an amazing structure

Our hands contain at least

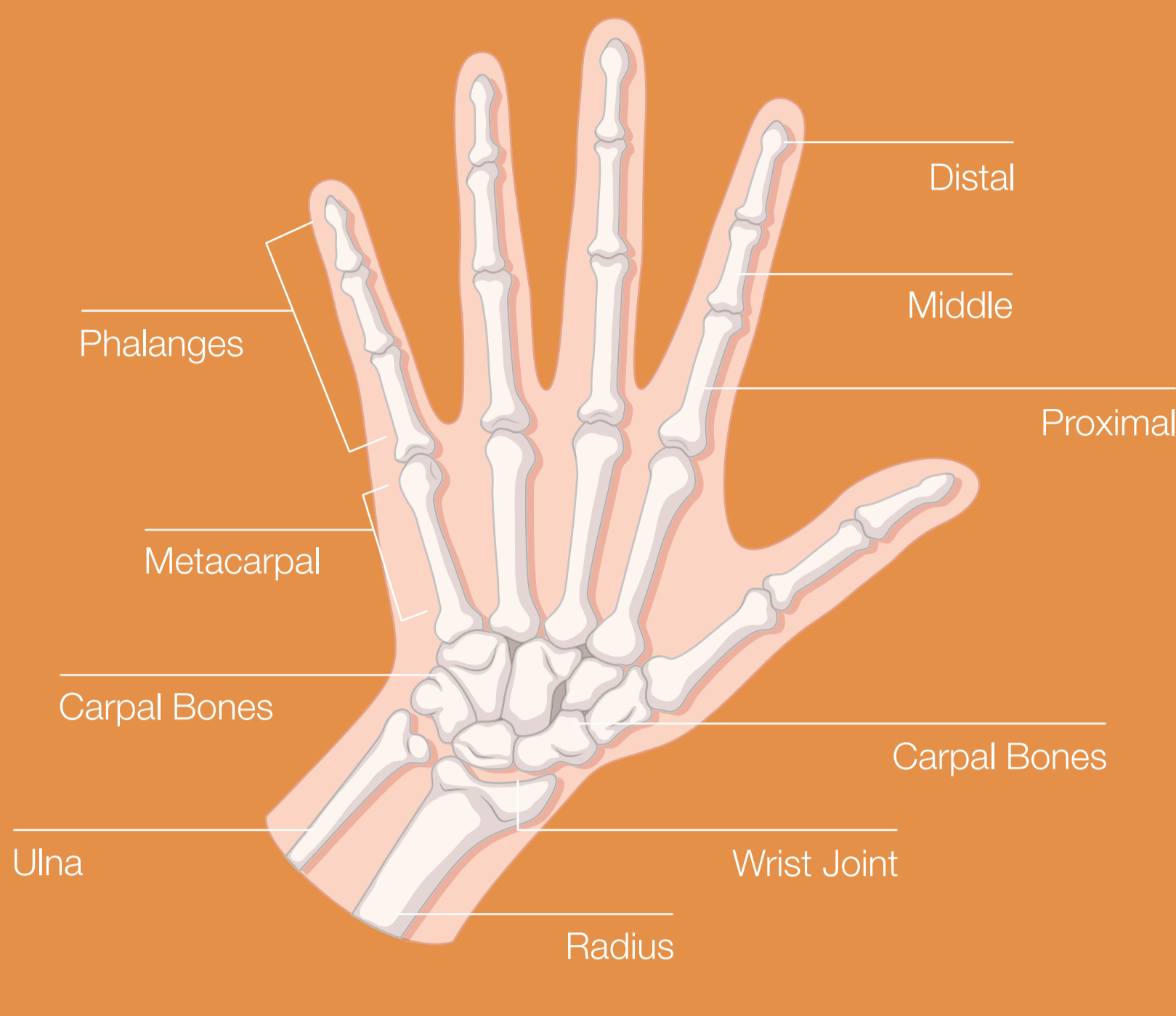
4 types of nerve endings

27 bones

34 muscles

123 ligaments

These all work together to help us communicate and interact with the world around us.



Our hands are perfectly geared up to take hold of objects. Our opposable thumbs are able to make contact with each of our fingers, making it possible to grip things and control the pressure of that grip.

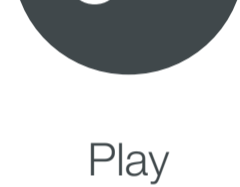
Our hands have separated us from the rest of the animal kingdom, enabling us to manipulate objects in complex ways and allowing us to build human civilization as we know it today.



Useful things we can do with our opposable thumbs:



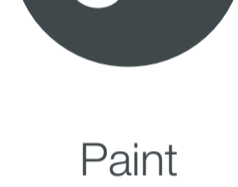
Make tools



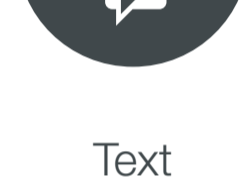
Play music



Write



Paint



Text



Compute

## What happens when you use a computer mouse?

7

The average office worker uses a computer for around 7 hours a day

25%

spent typing

75%

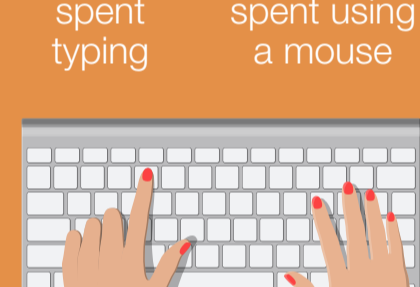
spent using a mouse

Extrapolated over 1 week

taking into account hourly 2 minute breaks

25

that works out as 25 solid hours spent using a mouse each working week.



## This is why mouse positioning is so important

Try to avoid these positions:



## Poor positioning repeated over time can increase the risk of:

Pain, aching or tenderness

Weakness

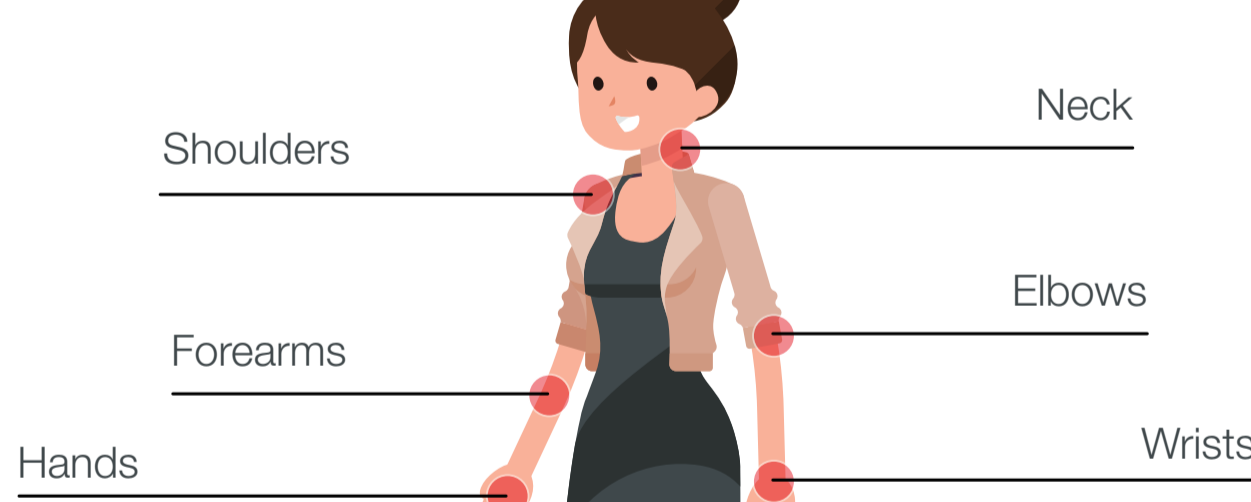
Stiffness

Tingling or numbness

Cramp

Throbbing

This can be felt in these areas:



## Tips for good mouse placement



- Avoid repetitive reaching or stretching
- Use mouse in line with the body – not at an angle
- Use a compact keyboard if number pad is not regularly needed
- Make sure forearms are at a comfortable angle (usually 90 degrees) to your upper arms.

## Let's meet the ergonomic mice

A truly ergonomic mouse is one that fits you. Not just your shape, size and personal preferences, but also the nature of the work you do. Let's meet some of the options.

### Standard mouse



OK to use with regular breaks and task changes.

### Vertical mouse



Encourages the hand into a neutral 'handshake' position.

### Trackball mouse



Allows you to navigate your computer to navigate your computer using your fingertips, allowing your arm to remain supported.

### Roll bar mouse



A bar is moved left or right and rolled forwards or backwards for fingertip control. Mouse buttons remain close to hand for finger and thumb control.

## Take-away

Remember, whatever position you're in, make sure you break out of it regularly to move around and stretch.

Browse our large collection of ergonomic mice on [posturite.co.uk/ergonomic-mice](http://posturite.co.uk/ergonomic-mice) to find the perfect product for you.