

A brief guide to computer mouse ergonomics



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 with 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](https://www.posturite.co.uk/ergonomic-mice) to find the perfect product for you.