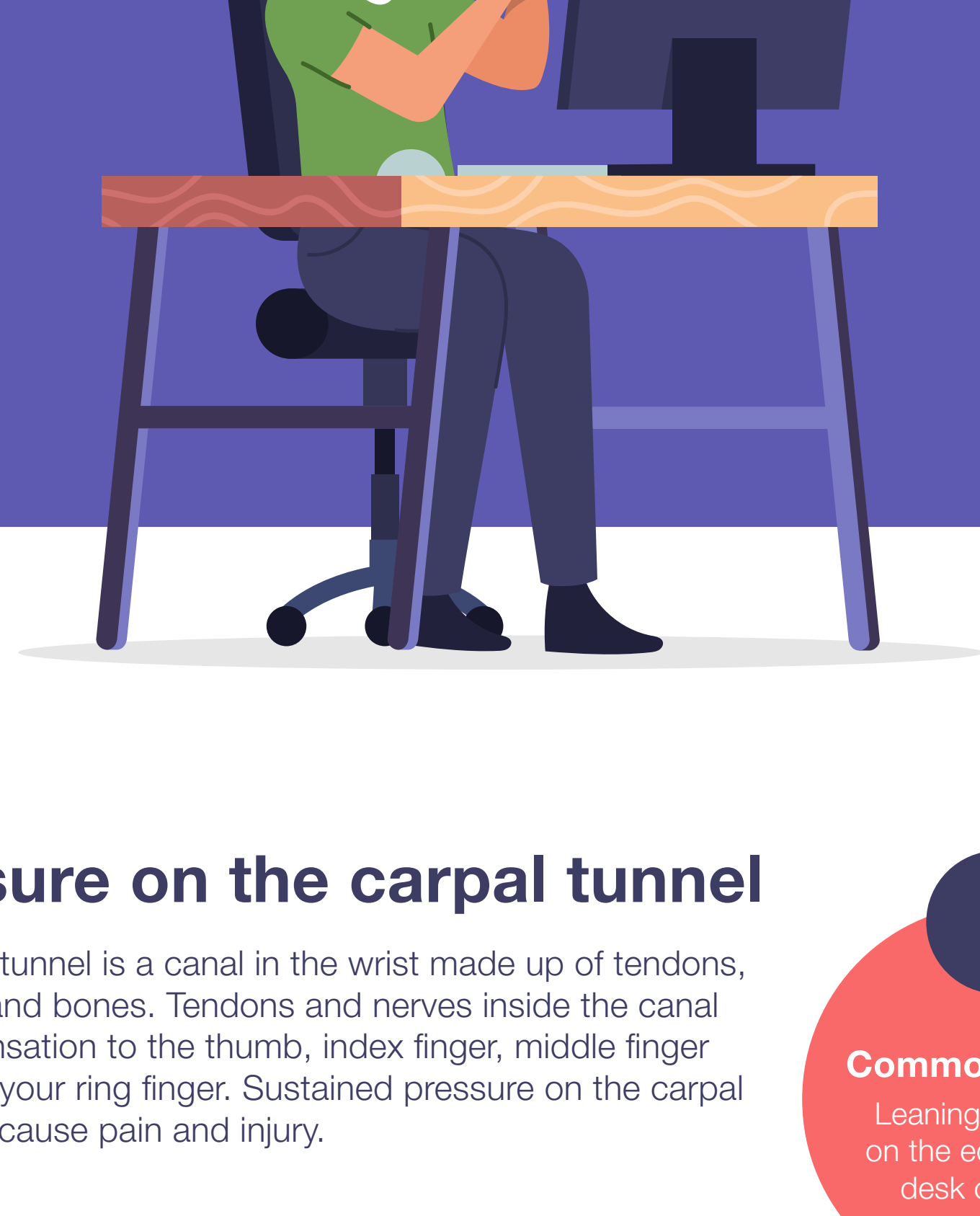


How to avoid and resolve hand, finger and wrist pain at work

Spending a lot of time using a computer, keyboard and mouse can sometimes cause discomfort or even injury — but it shouldn't have to. Here are some of the most common hand, finger and wrist problems, and how to fix them.



Pressure on the carpal tunnel

The carpal tunnel is a canal in the wrist made up of tendons, ligaments and bones. Tendons and nerves inside the canal provide sensation to the thumb, index finger, middle finger and half of your ring finger. Sustained pressure on the carpal tunnel can cause pain and injury.

Common reason:
Leaning your wrist on the edge of your desk or laptop



What to do about it:

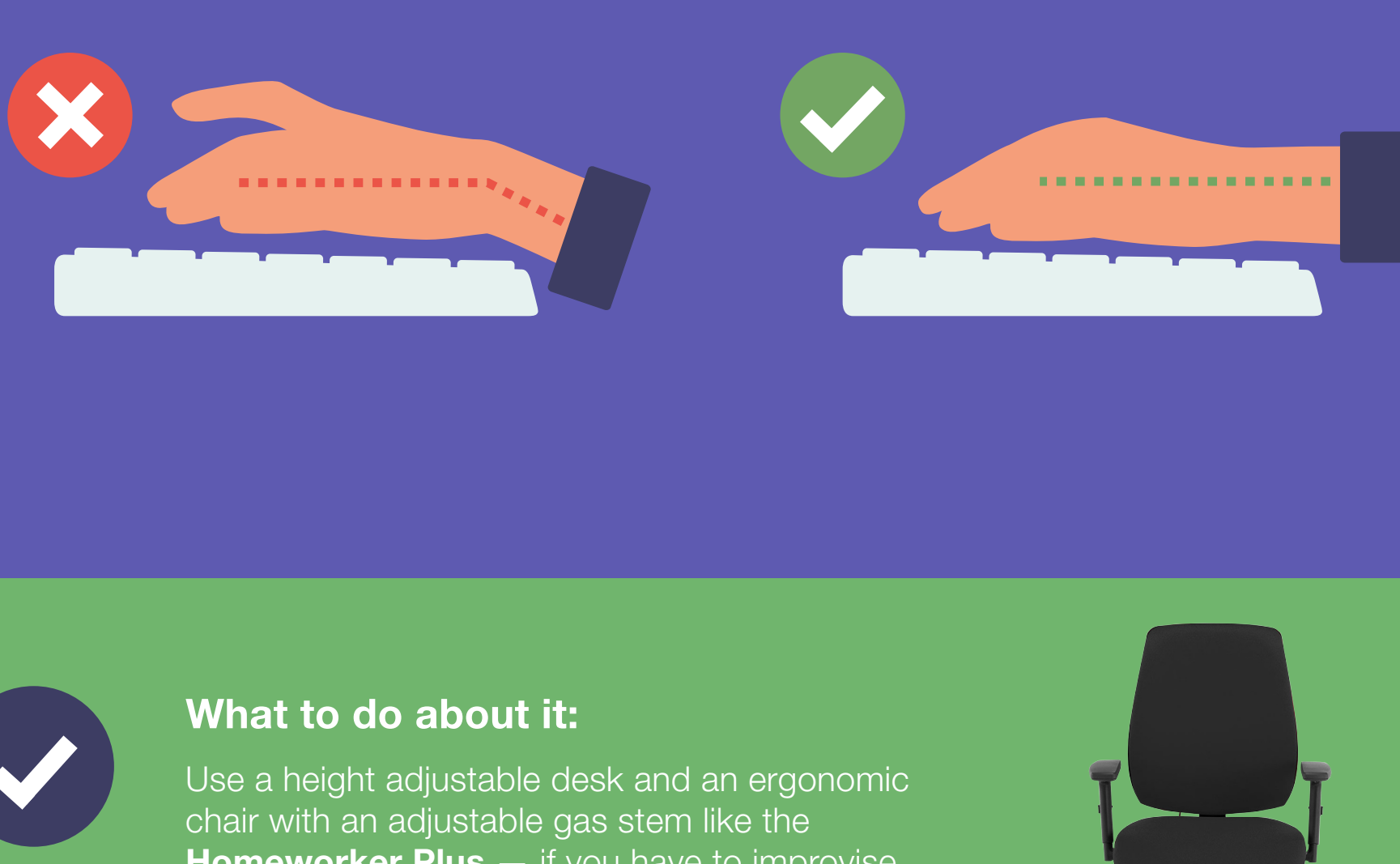
- Connect a mouse so you don't have to use your laptop's trackpad.
- Make sure you're sitting at a suitable height with your forearms level and your wrists in a neutral position - try the **JOSHO Sit-Stand Desk** for adjustability at the touch of a button.



Common reason:
Your desk is too high, or your chair is too low

Sustained work with your wrist bent

Always try to work with your wrist in line with your forearm, and not bent upwards or downwards, as this can cause aches and pains.



What to do about it:

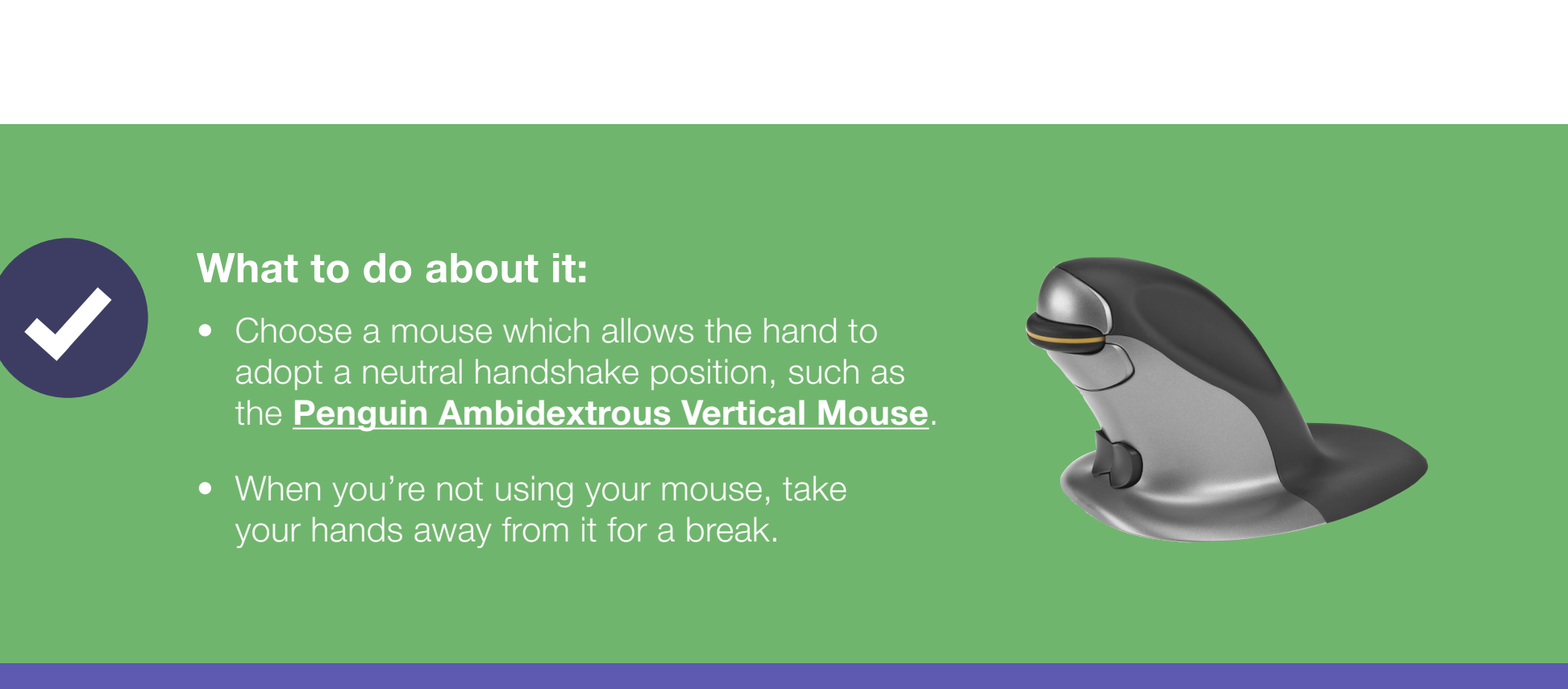
Use a height adjustable desk and an ergonomic chair with an adjustable gas stem like the **Homeworker Plus** — if you have to improvise, use cushions to raise your seat, or find a different surface to work at.



Gripping the mouse too tightly, or in an awkward position

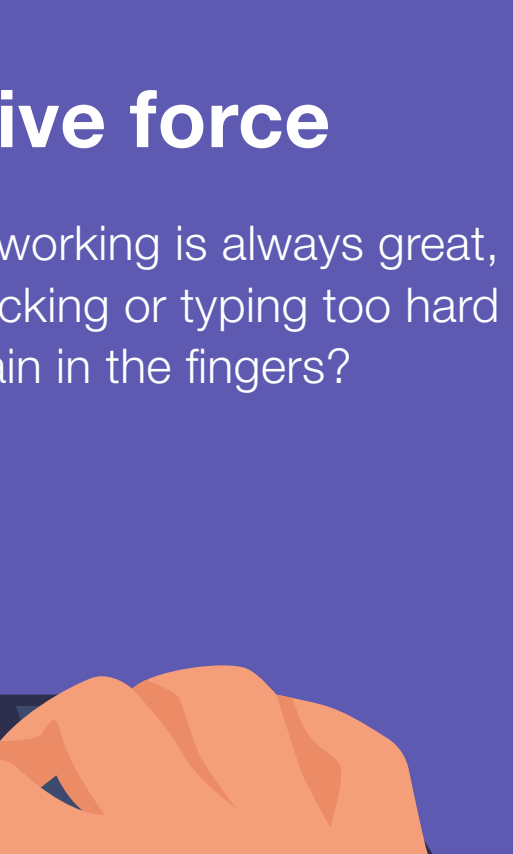
You often won't even realise you're doing it, but sustained tight gripping can cause fatigue and pain in the hand.

Common reason:
Your mouse is not a suitable size or shape for you



What to do about it:

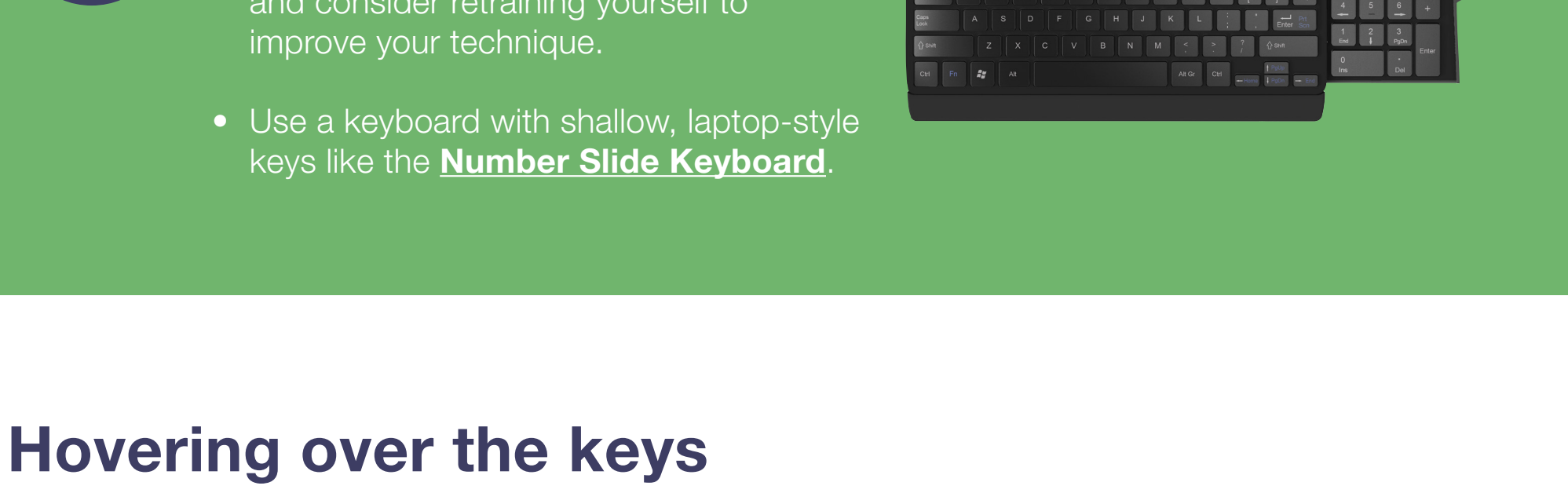
- Choose a mouse which allows the hand to adopt a neutral handshake position, such as the **Penguin Ambidextrous Vertical Mouse**.
- When you're not using your mouse, take your hands away from it for a break.



Using excessive force

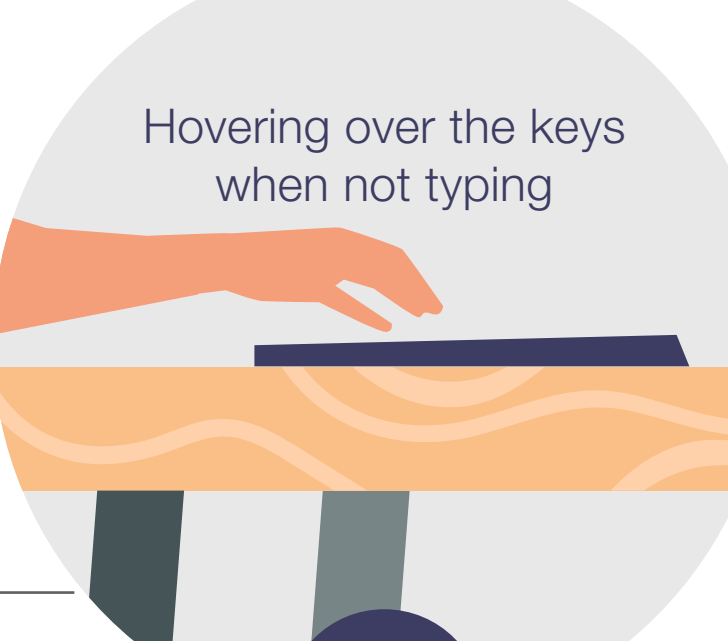
A little enthusiasm while working is always great, but did you know that clicking or typing too hard can sometimes cause pain in the fingers?

Common reason:
You're using keyboard with stiff buttons or keys, or you need to adjust your mouse's dpi settings



What to do about it:

- Be conscious about typing lightly and consider retraining yourself to improve your technique.
- Use a keyboard with shallow, laptop-style keys like the **Number Slide Keyboard**.



Hovering over the keys

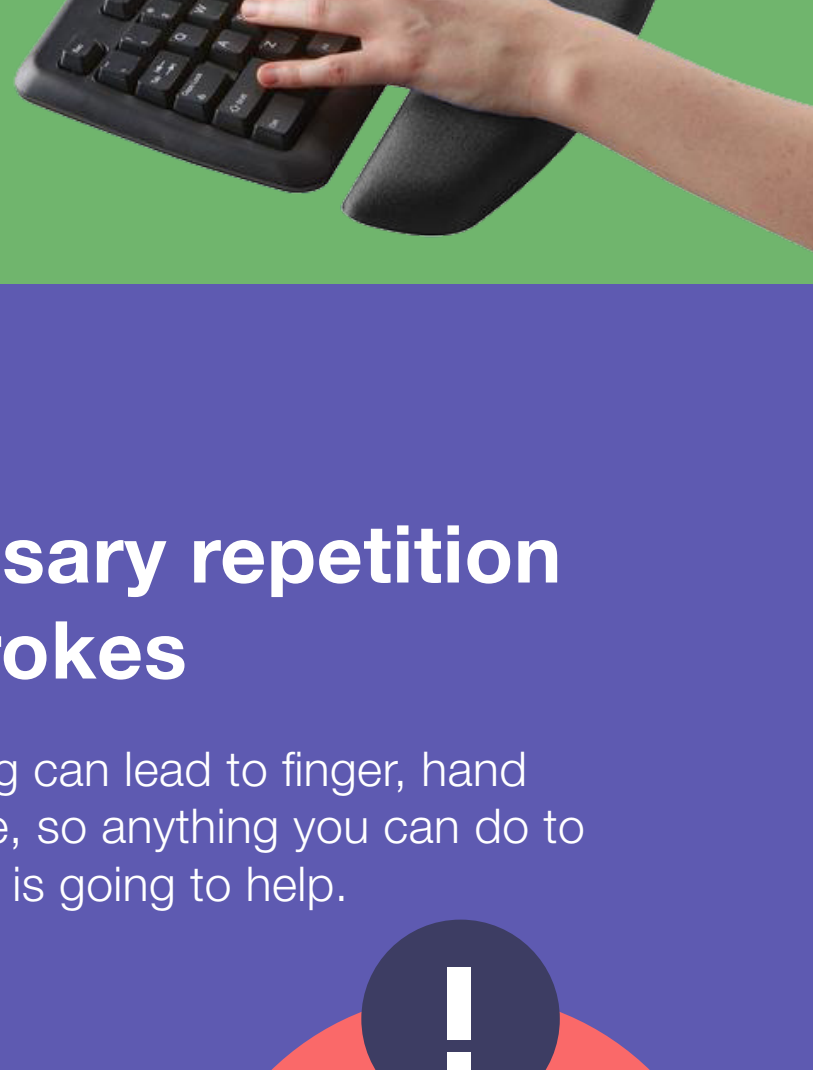
When you're in the midst of work, you're often not thinking about what your hands are doing on the keyboard. Hovering your hands over the keys when not typing puts unnecessary strain on your arms and shoulders.



Common reason:
You aren't well supported

What to do about it:

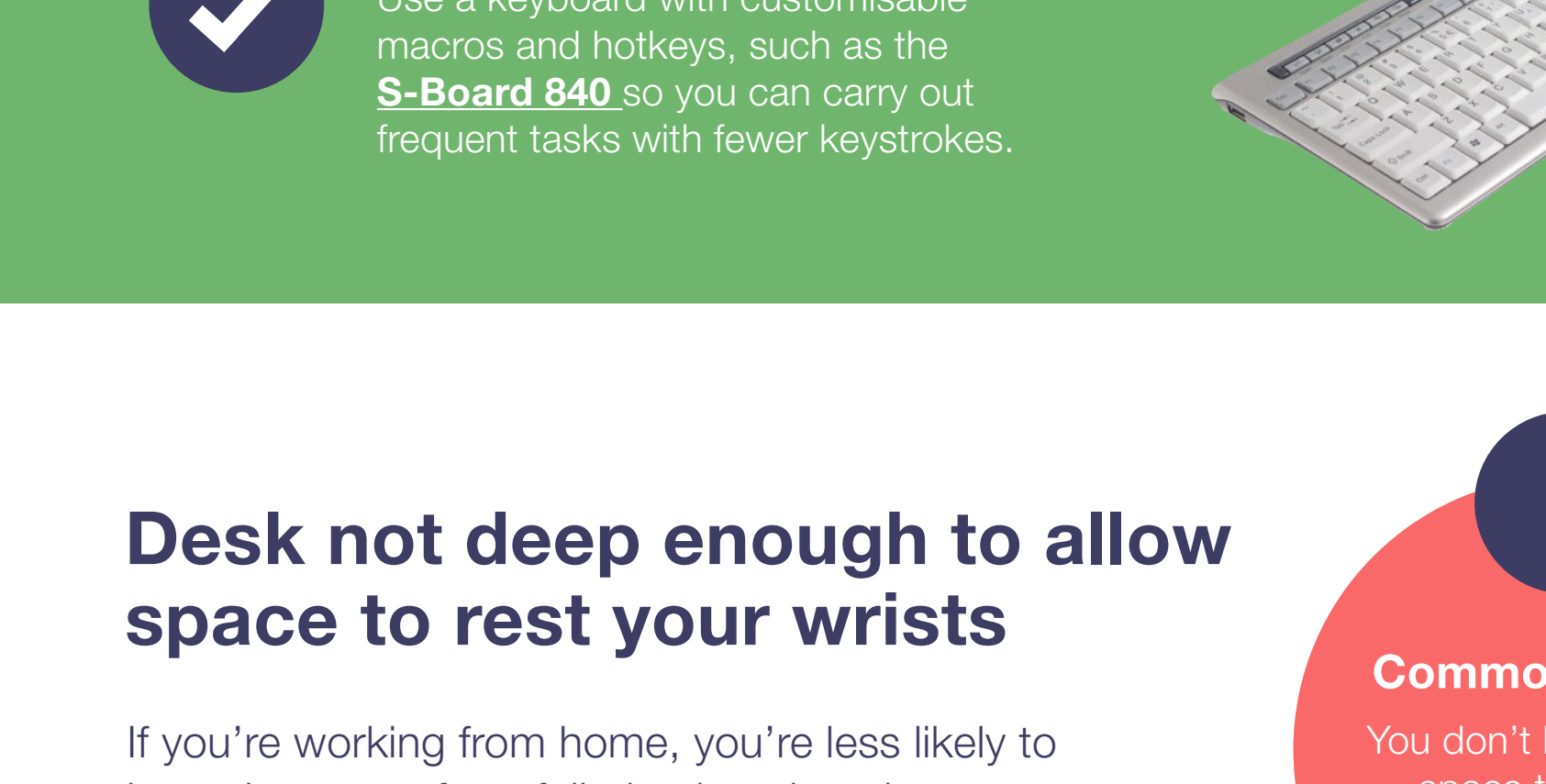
- Check the height of your desk and chair.
- Remember to take plenty of breaks if typing for long stints.
- If you can't adjust the height of your desk, or the surface is too hard on your wrist, consider adding a padded wrist rest to your set-up, such as our such as our **PlushTouch™ Keyboard Wrist Support**.



Unnecessary repetition of keystrokes

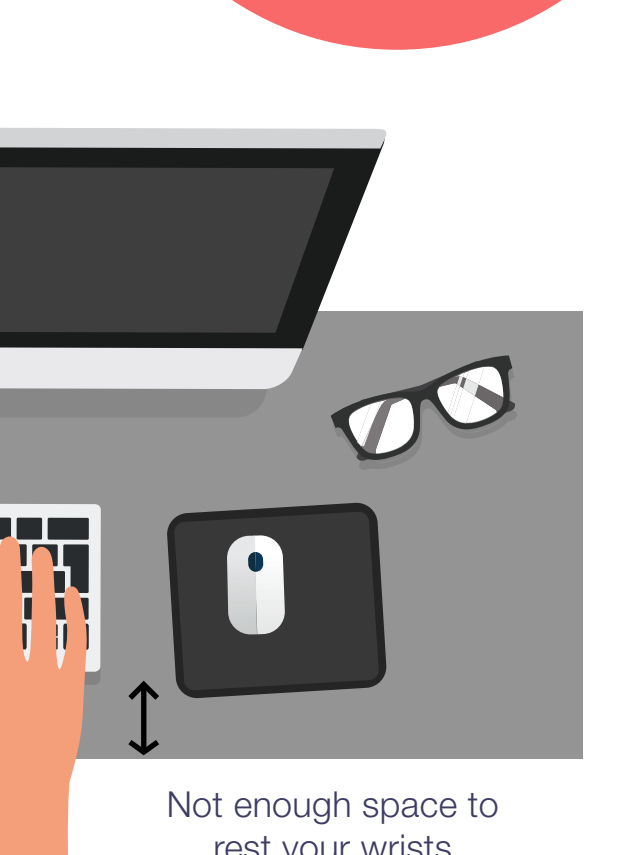
Prolonged typing can lead to finger, hand and wrist fatigue, so anything you can do to save keystrokes is going to help.

Common reason:
Your job involves many written tasks



What to do about it:

Use a keyboard with customisable macros and hotkeys, such as the **S-Board 840**, so you can carry out frequent tasks with fewer keystrokes.



Desk not deep enough to allow space to rest your wrists

If you're working from home, you're less likely to have the space for a full-sized workstation. A desk that's too shallow can cause you to work in a cramped, or twisted position.

Common reason:
You don't have enough space to adopt a suitable ergonomic position



What to do about it:

Use a larger workstation such as the **DeskRite 500**.



What's next?

At Posturite we supply many hand, wrist and finger solutions for both office and home settings. **Find out more at posturite.co.uk**